

# Affective Domain Activity #4: How to Make Stress Your Friend

Watch the following TED Talk video

[http://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

Please respond to the following using complete sentences.

1. Before watching this talk, did you believe that stress was bad for you? What do you think now?
2. How does the speaker say your body prepares you to overcome stressful situations? Do you recognize these responses from your past experiences?
3. The stress hormone \_\_\_\_\_ is also known as the \_\_\_\_\_ hormone.
4. Chasing meaning in your life is better for your health than trying to \_\_\_\_\_
5. How can we protect our bodies from the harmful effects of stress? How should we respond when we feel stressed?

**Closure:** You will be responding to each other either as a class discussion.

