## Activity #4: How to Make Stress Your Friend Homework

## Name:

| Watch the TED Talk and respond to following questions using complete sentences. | Please be |
|---|-----------|
| sure to address each question thoroughly and honestly.                          |           |

http://www.ted.com/talks/kelly mcgonigal how to make stress your friend

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  |
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| 5. | How can we protect our bodies from the harmful effects of stress? How should we respond when we feel stressed? |
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