

## How to make stress your friend

Ted talk by Kelly McGonigal

Stress makes you sick. It increases the risk of everything from the common cold to cardiovascular disease. People who experienced a lot of stress in the previous year had a 43 percent increased risk of dying. But that was only true for the people who also believed that stress is **harmful** for your health. In fact, people who don't consider stress as harmful were no more likely to die. When you change your mind about stress, you can change your body's response to stress. Normally, we interpret physical changes such as your heart pounding, faster breathing and sweat; as anxiety or signs that we aren't **coping** well with the pressure.

But what if you viewed them instead as signs that your body was energized, was preparing you to meet this challenge? That was exactly what was told to participants in a study conducted at Harvard University. Participants who learned to view the stress response as helpful for their performance, were less stressed out, less anxious, more confident.

Additionally, stress makes you social. Due to a hormone called oxytocin that you produce because of stress, you **enhance** your empathy, you **crave** physical contact with friends and family, you're more willing to help and support the people you care about. Your stress response wants to make sure you notice when someone else in your life is struggling so that you can support each other. When life is difficult, your stress response wants you to be surrounded by people who care about you. But how is knowing this side of stress going to make you healthier? Oxytocin acts on all the body, and one of their main role is to protect your cardiovascular system from the effects of stress, it helps your blood vessels stay relaxed during stress, it helps your heart cells regenerate and heal from any stress-induced damage. The cool thing about this hormone, is that it is enhanced by social contact and social support: when you **reach out** to others under stress.

In conclusion, when you choose to view stress in this way, you're not just getting better at stress, you're actually making a pretty profound statement. You're saying that you can trust yourself to handle life's challenges. And you're remember that you don't have to face them alone.

## Opinion

I never had consider the reactions and signs I have when I'm under pressure as tools my body give me for relaxing and overcoming the situations. It has a lot of sense for me. And now I hope I feel less nervous when I'm doing all the things that makes me feel in that way, like talking in front of many people or experiment new things. I've always been shy, so I expect it helps me a lot.

I agree with the speaker, because sometimes things are bad just because we think they're bad and not because they really is. The psychological part on your body is really strong so that you can get well when you're sick or actually you can get sick just because you want.

## New Words

Tracking

Unbeknown

Cuddle

Bottle (sth) up

Impromptu

Harass

Snort