



BAHRIA UNIVERSITY (KARACHI CAMPUS)

Communication Skills (HSS- 118)

Assignment 02

Spring 2023

Class: BSE 2B

Course Instructor: Sir ADNAN AHMED

Assignment Date: 17 Mar 2023

Student Name: ABDULLAH

Shift: Morning

Due Date: 24 Mar 2023

Marks: 05 Points

Registration #: 81962

Question: Watch the mentioned TED Talks video and answer the asked questions.

1. What are the four approaches to be happy?
2. Write down the summary of the mentioned video --- 100 words.

Video:

How to make stress your friend | Kelly McGonigal

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

Answer:

What are the two causes of stress?

Many things can cause stress in different areas of our lives. These may include:

1. Work
2. Daily life and Business.

Summary:

Our mind lies to us by saying that stress is harmful for health. When you change your mind about stress you can change your body's response to stress. The stress response is helpful. The pounding of heart is preparing us for action. If you are breathing faster, it's no problem. It's getting more oxygen to your brain. Stress is helpful for the performance. So, how you think about stress matters. Stress makes you social. It makes you more willing to help and support the people you care about. Stress response makes you notice when someone in your life is struggling so you can support each other. When life is difficult, stress response wants you to be surrounded by people who care about you. People who spent time caring for others have less stress in their life. Caring creates resilience. How you think and how you act can transform your experience of stress. When you view your stress response as helpful, you create the biology of courage.