**BAHRIA UNIVERSITY (KARACHI CAMPUS**)

**Communication Skills (HSS- 118)**

**Assignment 02**

**Spring 2023**

**Class: BSE 2B Shift: Morning**

**Course Instructor: Sir ADNAN AHMED Due Date: 24 Mar 2023**

**Assignment Date: 17 Mar 2023 Marks: 05 Points**

**Student Name: ABDULLAH Registration #: 81962**



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

1. What are the fours 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 Busyness.

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 make 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 create 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.