Assignment #02:

**Question #01:**

Watch the mentioned TED tex video and answer the asked questions.

What are the fours approaches to be happy?

**Answer:**

* **Adapting perspectives on stress:**

It’s important to change our thinking about stress because our thoughts change shape our reality and by changing our thoughts, we can bear any hardship in life.

* **Making stress your friend:**

Once you will change your views about how to not perceive stress as an enemy or a threat you will ultimately be happy and satisfied.

* **Working on stress management:**

The more we will practice on how not to stress out ourselves by any means the more happier we will become.

* **Viewing stress as a challenge:**

Viewing stress as a challenge rather than a threat can help us experience fewer negative physical and emotional effects of stress.

**Question #02:**

Write down the summary of the mentioned video --- 100 words

**How to make stress your friend | Kelly McGonigal**

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

**SUMMARY:**

In the ted talk Kell McGonigal who is a health psychologist by profession shares a new perspective on stress. In her talk, McGonigal challenges the traditional view of stress as a purely negative experience and instead argues that it can be a positive force in our lives if we learn to approach it differently. She presents research in which she says that people who experience a lot of stress in the previous year had a 43 percent increased risk of dying but that was who also believed that stress is harmful for your health. It means that the harmful effects of stress are only present in people who believe that stress is harmful. McGonigal goes on to provide several strategies for changing one's mindset about stress and embracing it as a friend rather than an enemy. One such strategy is to view stress as a sign that our body is preparing to meet a challenge and to use that energy to rise to the occasion. She also suggests seeking social support and connection during times of stress, as this can provide a buffer against its negative effects. In conclusion she says that those who view stress as a challenge experience fewer negative physical and emotional effects of stress than those who view stress as a threat.