

## EN\_42584958 Review of TED Talk

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Stress can turn off the immune system and increases the risk of heart diseases. Also Kelly McGonigal is talking in her TED Talk about the impact of stress on our health and explained that stress doesn't have to be our enemy. When we change our mind towards stress, we can change our body's response to stress and this lowers our risk of dying due to stress. Further, our heart has receptors for the stress hormone oxytocin to strengthen our heart. When we feel stressed, our body releases oxytocin, which can bind on our heart and helps the heart cells to regenerate and heal from stress-induced damage. Oxytocin is a stress hormone, which fine-tunes our brains social instincts and wants us to be surrounded by people who care about us. If we support someone or someone supports us in stressful times, we release more oxytocin and recover faster from stress. So, when we choose to connect with others under stress we can create resilience towards stress.

Through Kelly McGonigal I have now a different view on stress. Stress doesn't have to be my enemy. I just have to know how to deal with it properly. I also became aware of the huge impact of social contact when I try to cope with stress. To be alone and to do everything on my own is not helpful. Social connections and reaching out for others have a huge impact on my wellbeing. But that is not only important for me. Everyone is dealing with stress almost every day and even when they just experience daily hassles, it has an impact on their wellbeing. I believe it is important that we realize how important interconnectedness is, instead of individualism. Especially today a lot of people are often isolated and feel they have to cope with stress alone, but that is not the truth. We are stronger together and can build resilience toward stress. Further, Kelly showed us that we can control our stress response. Our body's reaction to stress relies on how we perceive stress. This gives us a feeling of autonomy and shows us, we are not helpless when we encounter stress.

Stress can also lead to depression. To diagnose depression, we use the Diagnostic and Statistical Manual of Mental Disorders (DSM). But what is the DSM? In the late 1800s Emil Kraepelin recognized that not all patients have the same psychological disorder. That's why he categorized disorders of mood from disorders of cognition. But the idea of categorizing was not officially adopted until 1952, when the American Psychiatric Association published the first edition of the DSM. The main purpose of the DSM is description. It divides disorders based on similarity in symptoms, thereby providing a shared language and classification scheme for scientists and practitioners to communicate what they have learned about psychopathology. Additionally, most insurance companies require a DSM diagnosis before they pay providers for care.