

INTRODUCTION

Work in pairs and discuss the questions below.

1. Have you ever experienced a very stressful situation? What was it? How did you feel?
2. What are **physiological symptoms / psychological symptoms of stress**?
3. What are **short term effects** of stress? How does it affect people **in the long run**?
4. What is your personal opinion concerning stress? Is it harmful or beneficial? Can you support your words by scientific evidence / research?
5. Do you think it is possible to reduce negative influence of stress of human organisms? How?

VOCABULARY

TASK 1. The words in the table below appear in the lecture concerning stress. Work in pairs to find their meaning.

moderate amount		to release	
cardiovascular disease		to fine tune	
the study tracked		to crave physical contact	
to increase risk of sth.		compassionate	
to die prematurely		pituitary gland	
to estimate		to nudge	
homicide		to struggle	
to freak out		anti-inflammatory	
impromptu speech		stress-induced damage	
to pound		to enhance	
anxiety		stress resilience	
blood vessels		inevitable	
to constrict		profound	
stress-induced		life expectancy	
oxytocine "cuddle hormone"		to handle sth.	

VIDEO

TASK 2. Watch the video and complete the sentences that summarise the results of the research:

1. 30,000 people
2. 43% were more likely to...
3. People who did not see stress as harmful were not...
4. 182,000 died because...
5. In the US stress is killing more people than...
6. Typical stress response includes...

TASK 3. Decide if the sentences are true or false.

1. The speaker thinks stress is bad
2. The way you **perceive** stress affects how stress influences you
3. Stress makes you social
4. Oxytocin is a hormone related to stress and it has got negative effect on your heart
5. Cortisol is a hormone that is released in stressful situations
6. Relations with other people help you to recover from stress
7. Every difficult situation increases risk of dying by 30%
8. In people caring for others the risk of getting sick does not change

TASK 4.

The speaker describes the experiment concerning **stress response** in two groups of people: the trained & the untrained ones in stress response. Can you explain how the response to stress was different in these 2 groups?

TASK 5

Fill the gaps to summarise the text

How you think and how you act can 1 _____ your experience of stress. When you choose to view your stress response as 2 _____, you create the biology of 3 _____. And when you choose to connect with others under stress you can create 4. _____.

Over a 5 _____ of stressful experiences, this one biological change could be the difference between a

6. _____ heart attack at age 50 and living well into your 90s. And this is really what the new science of stress 7 _____, that how you think about stress 8 _____.