

Respond to all of the following:

Please look at this video :

<https://youtu.be/v7xPT6db-rM>

2. From chapter 14, "**Stress, Lifestyle and Health**", choose TWO of the following sections/topic areas to summarize (you can focus on a very *specific* element within each of these sections if you choose) and comment on: 14.1/14.2 **What is Stress? + Stressors**, 14.3 **/Stress and Illness** 14.4/ **Regulation of Stress** or 14.5/ **the Pursuit of Happiness**. What struck you as most interesting about your choices and why?

[ch14 PSY101_stress lifestyle health.pptx](#)

As you are already well aware, the concepts of Stress and Emotional and Physical well being do not reside in just one particular area of your life. So all of what you are reading about and discussing this week can and should be applied broadly across all situations in your life: personal, professional, academic.

I ask you some, what may seem like trivial questions at the outset of your prompts for this week, but my hope is that you will be able to see the significance of every little choice we make (or do not make) tucked away in every moment of each day by the time you have processed all of these ideas.

Many stressors, including long term issues that may lead to chronic states, are often complex and cannot be oversimplified or explained away with one key term. Having said that, I would like to bring your attention back to a concept introduced at the beginning of class: **Growth versus Fixed Mindset**. Because the mere **belief** that a situation can be improved is often enough to get through challenges and obstacles, this is an important reminder for anyone (that's basically EVERYONE) who is experiencing a moderate amount of stress in their lives and integral in managing one's emotional response to the stressor. Please review this theory of learning before responding to this week's prompts. Also, take this [quiz](#)

[\(Links to an external site.\)](#)

to see where you currently are on the spectrum of Growth and Fixed mindset. There are a lot of great articles at this same [link](#)

[\(Links to an external site.\)](#)

that expand further on this important theory.

I believe a strong grasp on the Growth mindset is fundamentally necessary in order to fully reap the benefits of all the techniques for stress management outlined in your text. Though there are literally (probably) thousands of videos and articles that can help demonstrate how "malleable" are mindsets are, I found a [Ted Talk](#)

[\(Links to an external site.\)](#)

that I thought was particularly compelling in this context. Though the focus of the talk is more on empathy, entitlement, and charity...you will see a brilliant example of how one **perceives** their lot in life and the direct impact/correlation to how one behaves. Hopefully you will then be able to apply this notion of an adaptable and always transforming brain to all other areas of your life that you may have deemed "unalterable" in the past.

One last thought:

Being able to manage your stress in an effective manner has many more implications than simply "feeling better" in the moment...your ability (or inability) to manage stress could impact both your mental and physical health. Often times it's cumulative and not even something we are cognizant of. All of us are genetically predisposed to certain disease or a variety of conditions. Whether or not those conditions actually manifest during your time on this Earth have *much* to do with how we are handling our stress. For those of you who are interested, I recorded a separate personal story of how I learned about this concept first-hand... and how I turned what could easily have been interpreted as the worst news of my entire life, into something incredibly empowering and a constant source of strength even over 25 years later. (Video embedded within this mini-lecture). SO-- I do NOT want anyone to just "gloss over" this section of the class or deem it as unimportant. Indeed and quite the opposite, it is the most important topic, in my humble opinion...

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