This is a stressful time of year for many of us. Christmas, final exams coming up, the end of the semester, etc. Last year when we surveyed the student body, **51%** of all students reported stress as a factor that made it difficult for them to succeed in school. With over half of all students reporting this as an issue, we knew it needed to be addressed. This week we will be discussing stress, including how stress could be seen as a positive and how to cope with stress. Today's video is about how to make stress your friend.

<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend>

What did you think about the study showing that a person's beliefs about stress is actually what is more harmful than the stress itself?

"When you change your mind about stress, you can change your body's response to stress." The speaker mentioned some alternate ways of viewing your body's response to stress that are more helpful. What were those? (Your pounding heart is preparing you for action, when your heart beats faster it is getting more blood to your brain, this is my body rising to the challenge of my stress). What are some other positive ways you might view stress?

Why is oxytocin helpful during a stress response? It nudges us to seek out help, talk to someone about our stress, reach out to others who are stressed, etc. It helps us recover from stress better.

One study showed that caring for others made a person very resilient against stress. How do you care for others through volunteering or other opportunities? Think about how you could do this throughout your entire life, not just when you're in high school.

Please begin thinking of ways that you cope with stress as we will talk about these on Thursday.