TED TALK

**How to Stay Calm When You Know You Will be Stressed**

Daniel Levitin

<https://www.youtube.com/watch?v=8jPQjjsBbIc>

1. What was the speaker experiencing when he had to break into his house?
2. What are some negative outcomes he could experience for breaking into his own house in the middle of the night? Would you have done the same thing, or would you have dealt with the situation differently?
3. What does your Brain release when you are stressed?
4. How does Cortisol impact your body? Please give 2 examples.
5. Pre-mortem thinking is one type of strategy used to thinking a head to help deal with an outcome. Please give 1 example the speaker talked about to help with lost items.
6. Please give 1 example of pre-mortem thinking you can do to help yourself in the future