**Ted Talk - Self-care is Radical**

By Raymond Reece

Video link

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

1. Is stress Normal?
2. What are some things that are considered stressors in everyday life?
3. What are some things that make you stressed?
4. What are some things you do to help with stress?
5. What are the 2 types of stress that the instructor talks about in this video?
6. Distress is negative stress. What are symptoms of negative stress?
7. What do you do for self-care?
8. What are the 3 important points talked about with community care?