

Thinking about stress differently

- People who experienced a lot of stress in the previous year had a 43% increased risk of dying. But only true for the people who believed that stress is harmful for health.
- People who experienced a lot of stress but did not view it as harmful were no more likely to die. In fact, they had the lowest risk of dying of anyone in the study, including people who had relatively little stress.
- When you change your mind about stress, you can change your body's response to stress

Kelly McGonigal (TED talk, 2013)

[TED Talk](#)

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