

Recommended Videos for Coping

TED Playlist (5 talks): Talks to help you manage stress – www.TED.com

Kelly McGonigal How to make stress your friend

14:28

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive; and introduces us to an unsung mechanism for stress reduction: reaching out to others



Andy Puddicombe All it takes is 10 mindful minutes

09:24

When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking. Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment



Richard Weller Could the sun be good for your heart?

12:59

Our bodies get Vitamin D from the sun, but as dermatologist Richard Weller suggests, sunlight may confer another surprising benefit too. New research by his team shows that nitric oxide, a chemical transmitter stored in huge reserves in the skin, can be released by UV light, to great benefit for blood pressure and the cardiovascular system. What does it mean? Well, it might begin to explain why Scots get sick more than Australians



Daniel Levitin

How to stay calm when you know you'll be stressed

You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful situations, inhibiting rational, logical thinking but potentially helping you survive, say, being attacked by a lion. Neuroscientist Daniel Levitin thinks there's a way to avoid making critical mistakes in stressful situations, when your thinking becomes clouded — the pre-mortem. "We all are going to fail now and then," he says. "The idea is to think ahead to what those failures might be"



Matt Killingsworth

Want to be happier? Stay in the moment

While doing his PhD research with Dan Gilbert at Harvard, Matt Killingsworth invented a nifty tool for investigating happiness: an iPhone app called Track Your Happiness that captured feelings in real time. (Basically, it pings you at random times and asks: How are you feeling right now, and what are you doing?) Data captured from the study became the landmark paper "A Wandering Mind Is an Unhappy Mind"



Pico Iyer

The art of stillness

15:37

The place that travel writer Pico Iyer would most like to go? Nowhere. In a counterintuitive and lyrical meditation, Iyer takes a look at the incredible insight that comes with taking time for stillness. In our world of constant movement and distraction, he teases out strategies we all can use to take back a few minutes out of every day, or a few days out of every season. It's the talk for anyone who feels overwhelmed by the demands for our world

