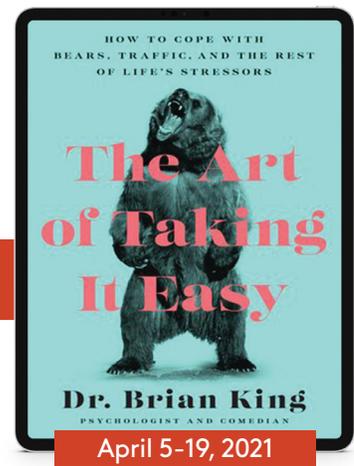


1. Why do we become enraged over incidents where nothing has actually happened to us, like getting cut off in traffic? Can you think of a time when you felt stressed over something small?
2. Why does stress contribute to so many health issues? Have you, or someone that you know, suffered from health issues related to stress?
3. When is stress helpful and is there such a thing as good stress?
4. Why does stress make it so hard to stick to a diet, work out, or quit smoking? Have you ever depended on unhealthy habits to cope with stress?
5. What is the role of stress in emotional disorders like anxiety and depression?
6. In Chapter 1, we discuss why “worry is the worst.” How can we learn not to worry so much?
7. In Chapter 8, the metaphor of “poison berries” is used to explain biases in the brain. Why do some people always seem to dwell on negativity?
8. What are three ways positive thinking can help you become a more resilient person?
9. How can we change our behavior to better cope with stress?
10. They say “laughter is the best medicine” but is humor a natural stress management tool? Could laughter really benefit our physical health?
11. How do we raise children to handle stress so that they grow up to be healthier adults? Can you think of examples from your childhood that have impacted the ways you deal with stressful situations?
12. Do you think it is possible to learn new, healthy ways of managing stress or is it sometimes too late to change?



13. What are three things we can do to calm ourselves down?
14. What is the benefit of keeping a gratitude journal? Can you think of three things you are grateful for right now?
15. How can we learn to take it easy, even under the worst circumstances? Do we sometimes worry about things that are outside of our control?