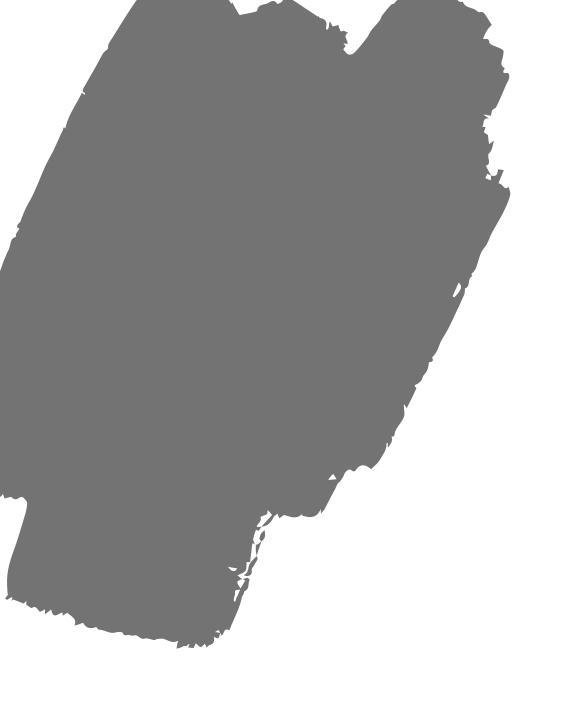


WELCOME





TED talks ideas worth spreading







depression

anxiety

guidance

safe-help books

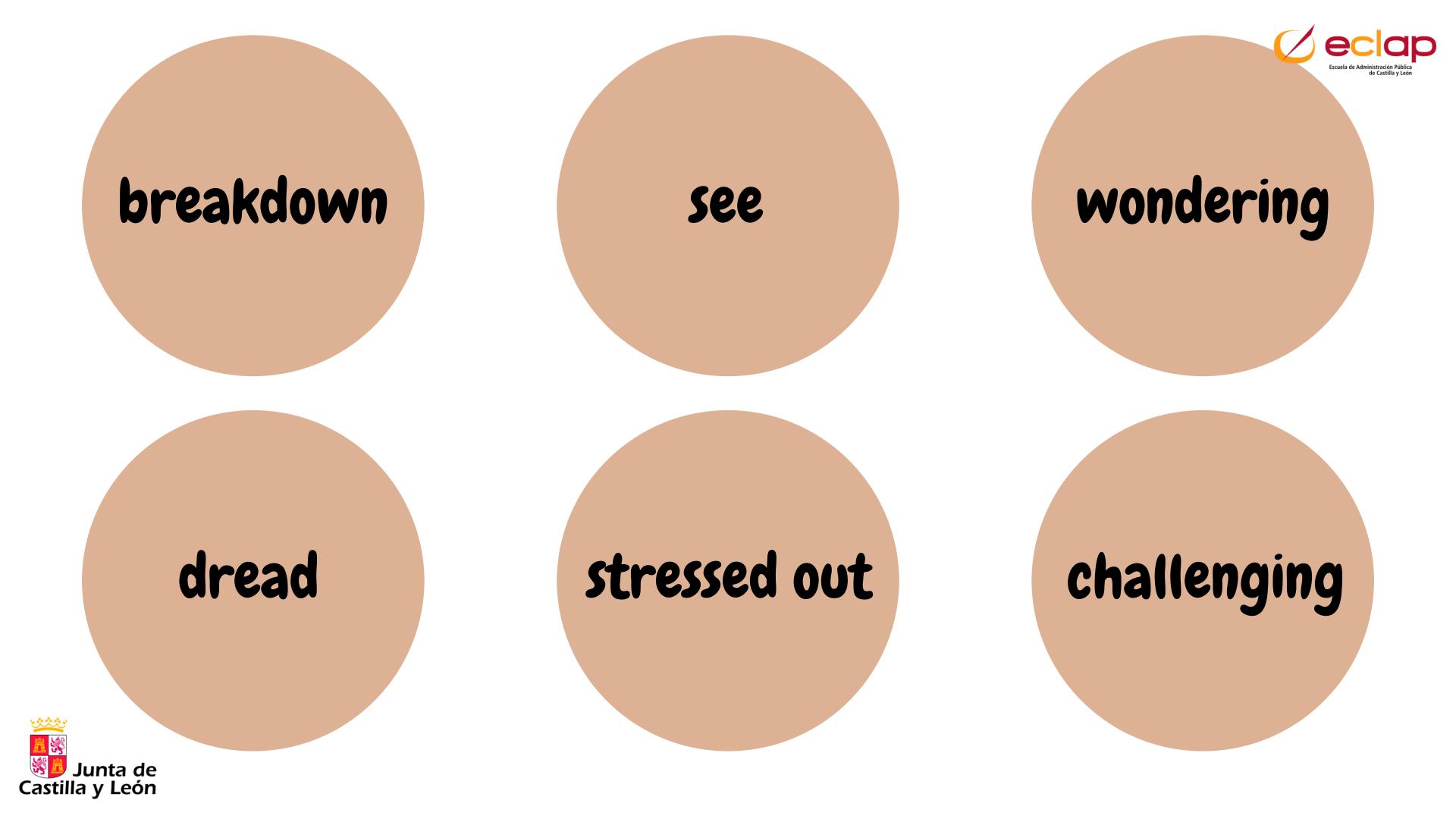
rates



video

From pre-school through adulthood, we're taught a very clear lesson
over and over again: just be happy 'cause when you're happy, life is good
(It) sounds simple, right? Maybe not. Since 2013 sales o
in the United States have doubled and according to th
of and around the world have
increased by almost 20% in the past two decades. These numbers ar
even higher for teens. (It) seems we've never had more or
how to be happy yet we've never been so unhappy.

From pre-school through adulthood, we're taught a very clear lesson over and over again: just be happy cause when you're happy, life is good. (It) sounds simple, right? Maybe not. Since 2013 sales of safehelp books in the United States have doubled and according to the World Fealth Organization rates of anxiety and depression around the world have increased by almost 20% in the past two decades. These numbers are even higher for teens. (It) seems we've never had more guidance on how to be happy yet we've never been so unhappy.

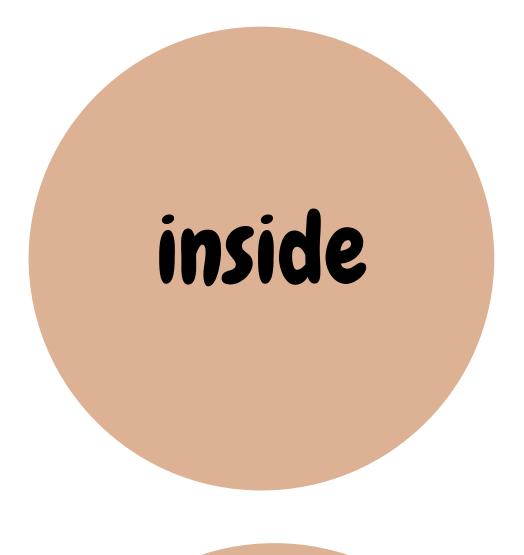


video

These days my colleagues joke that I need a bench outside my office because my
students are literally lined up outside my door waiting to talk to me and they're not
asking me about class material, they're telling me about how much they're struggling
in their lives. They're why they're not happier. I don't need the World
Health Organization to tell me people are more; I see it every day in
my students but I've also felt it in myself too, most of my life I've
struggled with anxiety. Mine manifests as an existential that something
terrible is going to happen to me or worse, to someone I love or the world. So
2020, as you can imagine, was but long before the global pandemic
hit, my anxiety had gotten so bad that I had what some might call: a

These days my colleagues joke that I need a bench outside my office because my students are literally lined up outside my door waiting to talk to me and they're not asking me about class material, they're telling me about how much they're struggling in their lives. They're wondering why they're not happier. I don't need the World Health Organization to tell me people are more stressed out; I see it every day in my students but I've also fett it in myself too. <u>See</u>, most of my life I've struggled with anxiety. Mine manifests as an existential <u>dread</u> that something terrible is going to happen to me or worse, to someone I love or the world. So 2020, as you can imagine, was <u>challenging</u> but long before the global pandemic hit, my anxiety had gotten so bad that I had what some might call: a breakdown.





outside



professor



video

For ten years I'd been a	during the day, a
musician at night and a wife and	a mamait
all. People wrote articles about me,	
Woman". Everybody thought I	
	was really happy but
on the every day seemed li	ke an internal ballle,
my anxiety was worse than it had eve	r been.

For ten years I'd been a professor during the day, a musician at night and a wife and a mama throughout it all. People wrote articles about me, called me "Wonder Woman". Everybody thought I was doing great and from the <u>outside</u> it looked like I was really happy but on the inside every day seemed like an internal ballle, my anxiety was worse than it had ever been.



GRAMMAR







test postive for COVID

have a blood test

to have a checkup



hacerse un análisis de sangre

dar positivo en COVID

hacerse una revisión médica



present perfect simple

Connection between the present and the past

past simple present perfect simple









to have a blood test

Last month I had a blood test.

Last month I did not have a blood test.

Did I have a blood test last month?



to have a blood test

l have had a blood test. Me he hecho un análisis de sangre.

l have not had a blood test. No me he hecho un análisis de sangre.

HAVE I HAD A BLOOD TEST?
¿ME HE HECHO UN ANÁLISIS DE SANGRE?

I'VE HAD | HAVEN'T HAD

Castilla y León





heshe







Last month I had a blood test.

Last month I did not have a blood test.

Did I have a blood test last month?

This month I have had a blood test.

This month I have not had a blood test.

Have I had a blood test this month?







Last month I had a blood test.

Last month I did not have a blood test.

Did I have a blood test last month?

This month I've had a blood test.

This month I haven't had a blood test.

Have I had a blood test this month?



to have a blood test

SHE HAS HAD A BLOOD TEST.

SE HA HECHO UN ANÁLISIS DE SANGRE.

SHE HAS NOT HAD A BLOOD TEST.

NO SE HS HECHO UN ANÁLISIS DE SANGRE.

HAS SHE HAD A BLOOD TEST? ¿SE HA HECHO UN ANÁLISIS DE SANGRE?

SHE'S HAD SHE HASN'T HAD

Castilla y León





hesheit



to have a checkup

l have had a checkup. He tenido una revisión médica.

l have not had a checkup. No he tenido una revisión médica.

HAVE I HAD A CHECKUP? ¿HE TENIDO UNA REVISIÓN MÉDICA?

I'VE HAD | I HAVEN'T HAD



hesheit





to have a checkup

SHE HAS HAD A CHECKUP.

HA TENIDO UNA REVISIÓN MÉDICA.

SHE HAS NOT HAD A CHECKUP.

NO HA TENIDO UNA REVISIÓN MÉDICA.

HAS SHE HAD A CHECKUP? ¿HA TENIDO UNA REVISIÓN MÉDICA?

SHE'S HAD SHE HASN'T HAD

Castilla y León







to test positive for Covid

I HAVE TESTED POSITIVE FOR COVID.

HE DADO POSITIVO EN COVID.

I HAVE NOT TESTED POSITIVE FOR COVID.

NO HE DADO POSITIVO EN COVID.

HAVEN'T I TESTED POSITIVE FOR COVID? ¿No he dado positivo en Covid?

I'VE TESTED | I HAVEN'T TESTED

Castilla y León

J you we they

have

hesheit

has

to test positive for Covid

She has tested positive for Covid.

Ha dado positivo en Covid.

She has not tested positive for Covid. No ha dado positivo en Covid.

HASN'T SHE TESTED POSITIVE FOR COVID? ¿No ha dado positivo en Covid?

SHE'S TESTED | SHE HASN'T TESTED

Castilla y León

J you we they

have

heshe

has







HAVE NEVER TESTED POSITIVE FOR COVID.









HAVE NEVER TESTED POSITIVE FOR COVID.

I HAVE NEVER EVER TESTED POSITIVE FOR COVID.









HAVE NEVER TESTED POSITIVE FOR COVID.

HAVE NEVER EVER TESTED POSITIVE FOR COVID.

YOU HAVE NEVER TESTED POSITIVE FOR COVID?!









HAVE YOU EVER HAD A BLOOD TEST?

YES, I HAVE. YES, I'VE HAD A BLOOD TEST TWICE.

No, I haven't. No, I've never had a blood test.



at least once.







HAVE YOU EVER HAD A BLOOD TEST?

Yes, I have. Yes, I've had a blood test twice.

No, I haven't. No, I've never had a blood test.

I HAVEN'T EVER HAD A BLOOD TEST.



at least once.



extra stuff



best class ever! better than ever more than ever ever before ever again









HAS SHE HAD THE CHECKUP YET?



expecting something.







HAS SHE HAD THE CHECKUP YET?

SHE HASN'T HAD THE CHECKUP YET.

expecting something. waiting for something to happen.



POLL TIME





ready to show off!



Sales of safe-help books in the United States have doubled.





Sales of safe-help books in the United States have doubled.

Sales of safe-help books in the United States have not doubled.





Sales of safe-help books in the United States have doubled.

Sales of safe-help books in the United States have not doubled.

Have sales of safe-help books in the United States doubled?





According to the World Health Organization <u>rates</u> of anxiety and depression around the world <u>have increased</u> by almost 20% in the past two decades.





According to the World Health Organization <u>rates</u> of anxiety and depression around the world <u>have increased</u> by almost 20% in the past two decades.

Rates of anxiety and depression around the world have not increased.





According to the World Health Organization <u>rates</u> of anxiety and depression around the world <u>have increased</u> by almost 20% in the past two decades.

Rates of anxiety and depression around the world have not increased. Have rates of anxiety and depression around the world increased?





It seems we've never had more guidance on how to be happy yet we've never been so unhappy.





It seems we've never had more guidance on how to be happy yet we've never been so unhappy.

We haven't ever had more guidance (...) yet we haven't ever been so unhappy.





It seems we've never had more guidance on how to be happy yet we've never been so unhappy.

We haven't ever had more guidance (...) yet we haven't ever been so unhappy.

Haven't we ever had more guidance? Haven't we ever been so unhappy?





I see it every day in my students but I've also felt it in myself too.





I see it every day in my students but Ive also felt it in myself too.

I haven't felt it in myself either.





I see it every day in my students but I've also felt it in myself too.

I haven't felt it in myself either.

Have I also felt it in myself too?







See, most of my life I've struggled with anxiety.





See, most of my life Ive struggled with anxiety.

I haven't struggled with anxiety.





See, most of my life I've struggled with anxiety.

I haven't struggled with anxiety.

Have I struggled with anxiety most of my life?





My anxiety <u>had gotten</u> so bad that I had what some might call: a breakdown.





My anxiety <u>had gotten</u> so bad that I had what some might call: a breakdown.

My anxiety has gotten so bad that (...)





My anxiety <u>had gotten</u> so bad that I had what some might call: a breakdown.

My anxiety has gotten so bad that (...)

My anxiety hasn't gotten so bad that (...)





For ten years <u>Id been</u> a professor during the day, a musician at night and a wife and a mama throughout it all.





For ten years <u>Id been</u> a professor during the day, a musician at night and a wife and a mama throughout it all.

For ten years I've been a professor (...)





For ten years <u>Id been</u> a professor during the day, a musician at night and a wife and a mama throughout it all.

For ten years <u>I've been</u> a professor (...)

<u>I haven't been</u> a professor (...)





My anxiety was worse than it had ever been.



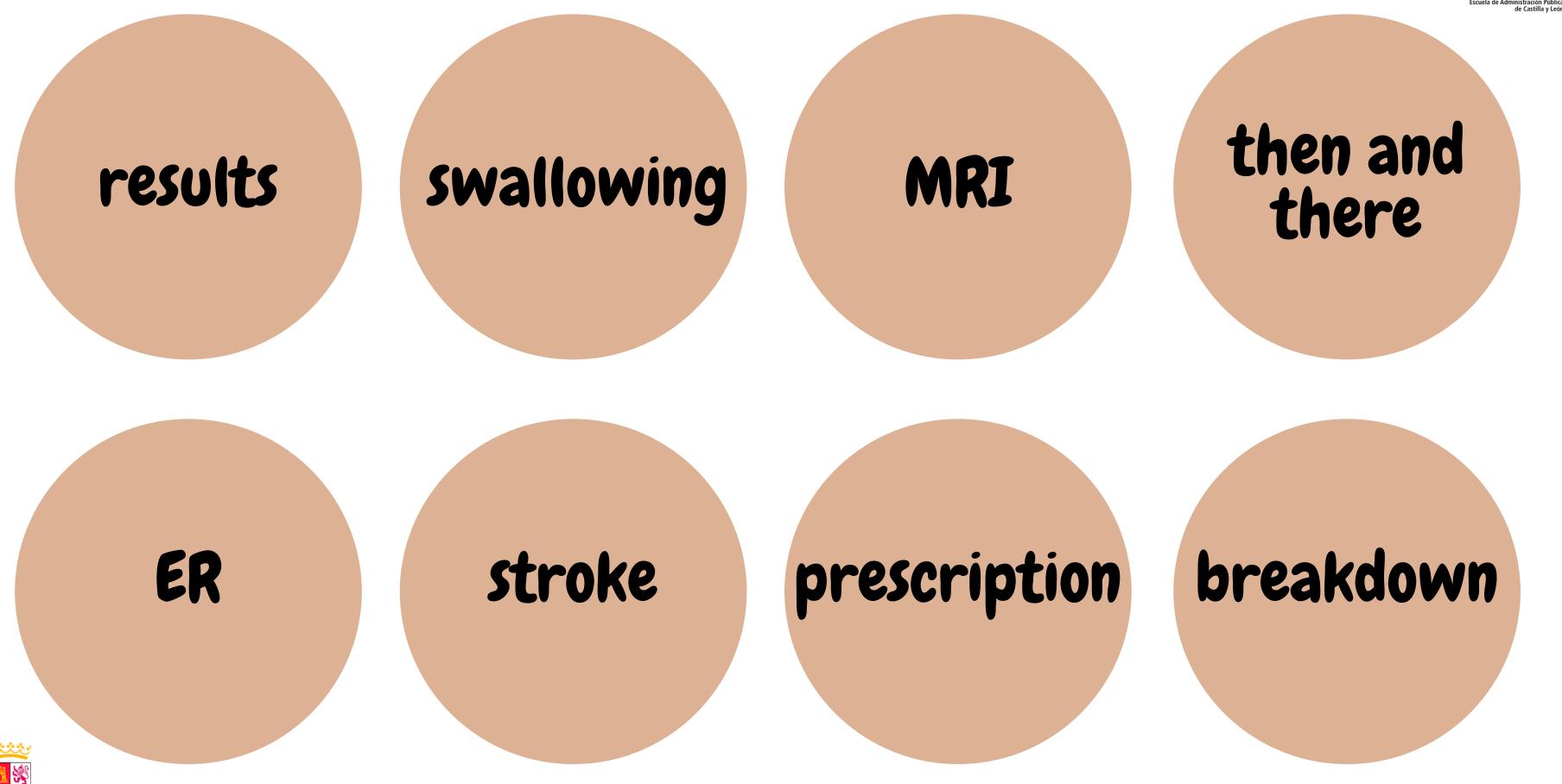


My anxiety was worse than it had ever been.

My anxiety is worse than it has ever been.







Castilla y León

video

And then things went from strange to scary. I began having difficulty
and one night, silling at home with my family, I found I couldn't say the words
I was trying to say. My kids thought this was funny but my husband and I
knew maybe I was having a so I went to the and after
another and a whole lot of blood work, the doctor came back in my room
and looking at my he said to me: "you're really healthy so this must all be
stress". This made no sense to me. I'd been doing so much more of what was
supposed to make me happy and my body was I decided right
that I had to learn why this had happened to me when all I was doing was
following the our culture gives us to be happy.

And then things went from strange to scary. I began having difficulty swallowing and one night, sitting at home with my family, I found I couldn't say the words I was trying to say. My kids thought this was funny but my husband and I knew maybe I was having a stroke so I went to the ER and after another MRT and a whole lot of blood work, the doctor came back in my room and looking at my results he said to me: "you're really healthy so this must all be stress". This made no sense to me. I'd been doing so much more of what was supposed to make me happy and my body was <u>breaking down</u>. I decided right <u>then</u> and there that I had to learn why this had happened to me when all I was doing was following the <u>prescription</u> our culture gives us to be happy.



I'd been doing so much more of what was supposed to make me happy and my body was breaking down.





I'd been doing so much more of what it was supposed to make me happy and my body was breaking down.

I've been doing so much more (...)



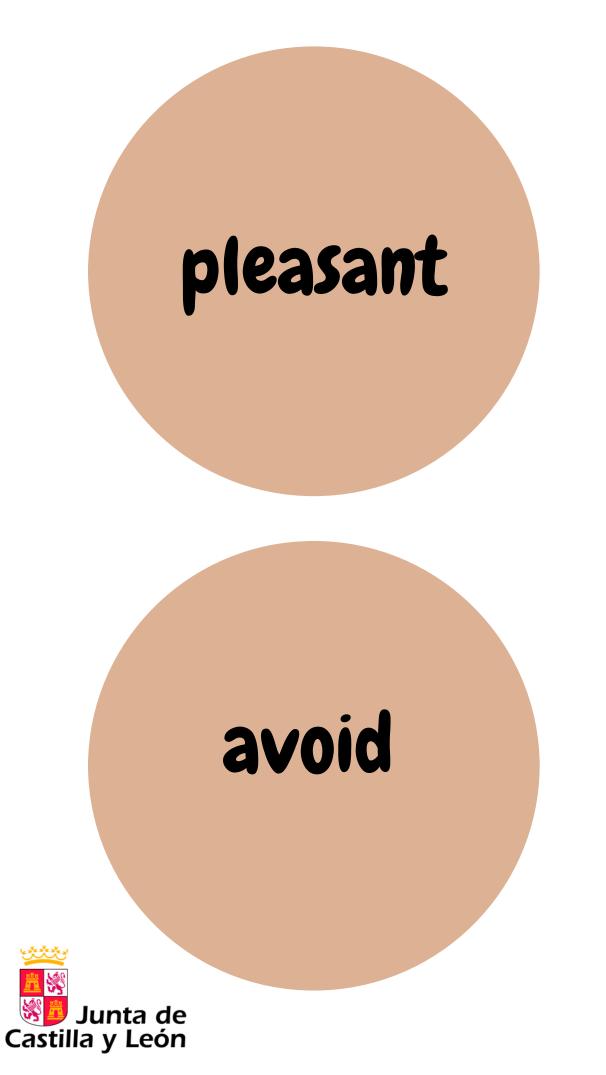


I'd been doing so much more of what it was supposed to make me happy and my body was breaking down.

I've been doing so much more (...)

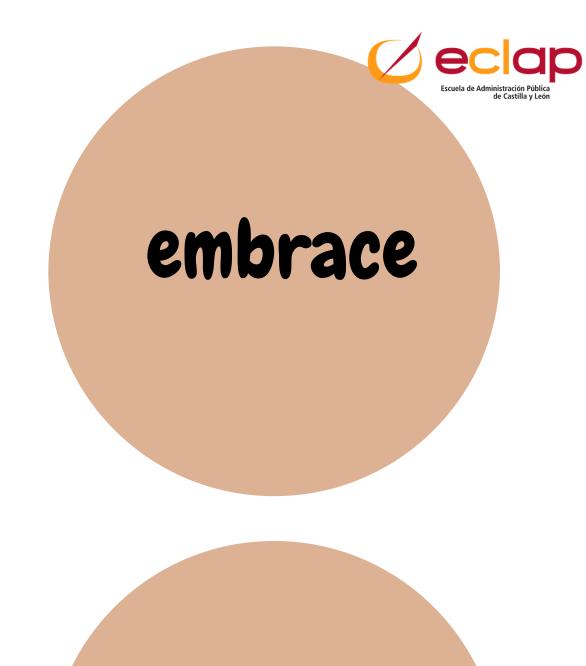
Have I been doing so much more (...)?













video

Class began every day with an arrival practice, basically two to three minutes of guided thought, deep breathing, an invitation _____ and curious and non-judgmental of whatever we were thinking or feeling in the present moment. The class that really resonated with me was the day we talked about _____. Now, in the social sciences, we tend to think of emotions as either positive or negative. Positive emotions like happiness, joy, love are emotions our culture teaches us to _____. Negative emotions like anger, sadness and fear are emotions that our culture teaches to _____ or at least keep to ourselves. Rob taught us instead to think of emotions as _____ or ____ because all emotions, even the unpleasant ones, maybe especially the unpleasant ones, offer us something important, the chance to investigate why we might be feeling these emotions and then the opportunity to really process them.

Class began every day with an arrival practice, basically two to three minutes of guided thought, deep breathing, an invitation to be aware and curious and non-judgmental of whatever we were thinking or feeling in the present moment. The class that really resonated with me was the day we talked about <u>emotions</u>. Now, in the social sciences, we tend to think of emotions as either positive or negative. Positive emotions like happiness, joy, love are emotions our culture teaches us to <u>embrace</u>. Negative emotions like anger, sadness and fear are emotions that our culture teaches to <u>avoid</u> or at least keep to ourselves. Rob taught us instead to think of emotions as pleasant or unpleasant because all emotions, even the unpleasant ones, maybe especially the unpleasant ones, offer us something important, the chance to investigate why we might be feeling these emotions and then the opportunity to really process them.





what's more

brains

threats



video

Our _____ tend to focus on the _____ that do seem real: threats like social exclusion, loneliness, isolation, not feeling good enough, smart enough, pretty enough, popular enough, rich enough, cool enough or happy enough. So, we do all these things to try to make ourselves feel better, feel happier and often we just end up feeling worse. _____, these threats are easy to find every day right there at our _____. But our brains have another amazing capacity and we call that plasticity. The human brain was designed to change and adapt to new experiences like the arrival practices I was doing every day in Rob's class: habits like deep breathing and being in the moment and accepting all emotions have been shown to increase happiness levels and decrease stress.

Our brains tend to focus on the threats that do seem real: threats like social exclusion, loneliness, isolation, not feeling good enough, smart enough, pretty enough, popular enough, rich enough, cool enough or happy enough. So, we do all these things to try to make ourselves feel better, feel happier and often we just end up feeling worse. What's more, these threats are easy to find every day right there at our fingerlips. But our brains have another amazing capacity and we call that plasticity. The human brain was designed to change and adapt to new experiences like the arrival practices I was doing every day in Rob's class: habits like deep breathing and being in the moment and accepting all emotions have been shown to increase happiness levels and decrease stress.





brace

it's OK to not feel OK

breakthrough



video

Before my _____ I'd been avoiding all those unpleasant emotions that are simply a part of daily life. But as that semester in Rob's class progressed, I noticed something interesting was happening: I was developing a new relationship with my anxiety. When I felt it coming on, I didn't ____ myself, I simply paused, took a few deep breaths, noticed what I was feeling, thought about what those _____ were telling me and then told myself: It's OFK to not feel OFK.

Before my <u>breakthrough</u> I'd been avoiding all those unpleasant emotions that are simply a part of daily life. But as that semester in Rob's class progressed, I noticed something interesting was happening: I was developing a new relationship with my anxiety. When I felt it coming on, I didn't brace myself, I simply paused, took a few deep breaths, noticed what I was feeling, thought about what those feelings were telling me and then told myself: It's OK to not feel OK.

ready to show off!



Before my breakthrough <u>Id</u> been avoiding all those unpleasant emotions that are simply a part of daily life.





Before my breakthrough <u>Id</u> been avoiding all those unpleasant emotions that are simply a part of daily life.

I've been avoiding all those (...)



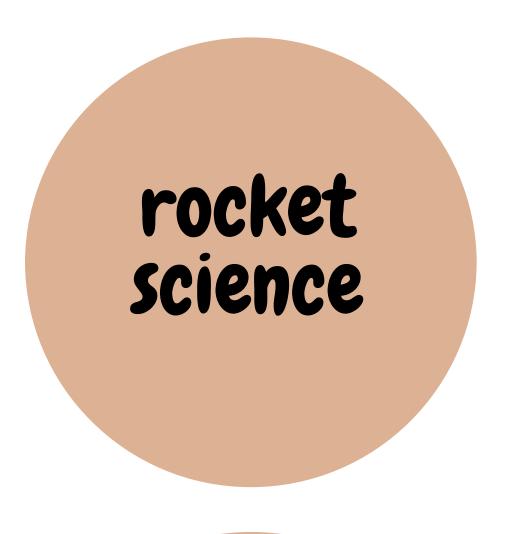


Before my breakthrough <u>I'd been avoiding</u> all those unpleasant emotions that are simply a part of daily life.

I've been avoiding all those (...)

I haven't been avoiding all those (...)





journey

pursuit

guess what?

painful

for better or for worse



video

Life is hard sometimes, it's sometimes, it's scary sometimes and sad
sometimes. It's also overwhelmingly beautiful sometimes and filled with joy and
happiness and love sometimes. Life is lived in the moment but it seems to me that
maybe our culture has us so focused on the of happiness that we've forgotten to
pay attention to the, to all the moments that happen along the way.
I often tell my students: "It's not but it's not always easy". The trick to being
human is to embrace all of life: the ups, the downs, the smiles, the frowns, the good times,
the bad times, the happy times and yes, even the sad times, because life isn't supposed to be
good all the time, it's just supposed to be life but Once we learn to celebrate life
in all of its big beautiful messiness, it actually gets better. Thank you.

Life is hard sometimes, it's <u>painful</u> sometimes, it's scary sometimes and sad sometimes. It's also overwhelmingly beautiful sometimes and filled with joy and happiness and love sometimes. Life is lived in the moment but it seems to me that maybe our culture has us so focused on the <u>pursuit</u> of happiness that we've forgotten to pay attention to the journey, to all the moments for better or for worse that happen along the way. I often tell my students: "It's not rocket science but it's not always easy". The trick to being human is to embrace all of life: the ups, the downs, the smiles, the frowns, the good times, the bad times, the happy times and yes, even the sad times, because life isn't supposed to be good all the time, it's just supposed to be life but guess what? Once we learn to celebrate life in all of its big beautiful messiness, it actually gets better. Thank you.



(...) we've forgotten to pay attention to the journey...

(...) we haven't forgotten to pay attention to the journey.

(...) haven't we forgotten to pay attention to the journey?



