**HOW TO COPE WITH ANXIETY(**[**https://www.ted.com/talks/olivia\_remes\_how\_to\_cope\_with\_anxiety**](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety)**)**

* WHY ARE YOU INTERESTED IN THIS TOPIC?

I am interested in this topic because I have never had an anxiety attack and I don't know what you feel at that situation. More than anything else, I am curious about it and I would like to know what can I do if I ever have an anxiety attack or how can I help somebody at that situation.

* LIST THE MAIN IDEAS OF THE VIDEO
* Anxiety is very common; 1 of 14 people in the world have an anxiety disorder.
* Anxiety can lead to depression, school dropout, suicide.
* It’s important to differentiate normal anxiety(normal sensation when we are in stressful situations) and anxiety disorder(sensation that you feel in situations that don’t pose a real threat).
* Symptoms: restlessness, fear, difficulties to sleep and to concentrate...
* There’s a solution to do it lower: if you tweak the way you are coping with things you can lower your anxiety
* Study of Cambridge school

Women living in poor areas have more risk to suffer from anxiety. Some of them as they have coping resources they can avoid anxiety but those who haven’t no.

* Other studies

 People who had faced extreme circumstances and have coping resources don’t have anxiety who haven’t got yes.

* Three coping resources
1. Feeling that you are in control in your life
2. Forgive yourself
3. Having a purpose and meaning in life.
* TWO QUESTIONS
1. How can you help people in order to apply in their lives this kind of coping resources.
2. Is it possible to be ineffective to some people what you have presented?

**THREE WAYS THE UNIVERSE COULD END(**[**https://www.ted.com/talks/venus\_keus\_three\_ways\_the\_universe\_could\_end**](https://www.ted.com/talks/venus_keus_three_ways_the_universe_could_end)**)**

* WHY ARE YOU INTERESTED IN THIS TOPIC?

Since I am little I have that fear that what would happen if the world ends because of that I have chosen this video.

* LIST THE MAIN IDEAS OF THE VIDEO
* There are three answers for the question of how the world will end.

Imagine two galaxies together. One force make them be together and there is another force that tries to get them separated.

1. The big freeze

If this two galaxies get separated because the force that makes them be together becomes very elastic the sun, galaxies, stars... will expand and with it the solar system will disappear. So, the universe would become dark and cold.

1. The big rip

In this case if the force tears and the expansion of the universe continues to accelerate it is possible to create nuclear forces.

1. The big crunch

Stars breaks into tiny pieces, even atoms and subatoms.

* TWO QUESTIONS
1. How would be life if that happened?
2. How can we avoid the end of the world?