

WELLCOME!

TED talks

ideas worth spreading



**World Health
Organization**

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 of _____ in the United States have doubled and according to the _____ of _____ and _____ 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 _____ on 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 self-help books in the United States have doubled and according to the World Health 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.

breakdown

see

wondering

dread

stressed out

challenging

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 felt it in myself too. See, most of my life I've struggled with anxiety. Mine manifests as an existential dread 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 challenging but long before the global pandemic hit, my anxiety had gotten so bad that I had what some might call: a breakdown.

inside

outside

throughout

professor

video

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

GRAMMAR



**test positive
for COVID**



**dar positivo
en COVID**

**have a
blood test**



**hacerse
un análisis
de sangre**

**to have a
checkup**



**hacerse
una revisión
médica**

present perfect simple

Connection between
the present and the past

past simple



finished time

present perfect simple



unfinished time

**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

I HAVE HAD A BLOOD TEST .

ME HE HECHO UN ANÁLISIS DE SANGRE.

I 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 | I HAVEN'T HAD

I
you
we
they

have

he
she
it

has

to have a
blood test

Last month I had a blood test.

This month I have had a blood test.

Last month I did not have a blood test.

This month I have not had a blood test.

Did I have a blood test last month?

Have I had a blood test this month?

to have a
blood test

Last month I had a blood test.

This month I've had a blood test.

Last month I did not have a blood test.

This month I haven't had a blood test.

Did I have a blood test last month?

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

I
you
we
they

have

he
she
it

has

to have a checkup

I HAVE HAD A CHECKUP.

HE TENIDO UNA REVISIÓN MÉDICA.

I 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

I
you
we
they

have

he
she
it

has

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

I
you
we
they

have

he
she
it

has

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

I
you
we
they

have

he
she
it

has

to test positive for Covid

SHE HAS TESTED POSITIVE FOR COVID.

HA DADO POSITIVO EN COVID.

I
you
we
they

have

SHE HAS NOT TESTED POSITIVE FOR COVID.

NO HA DADO POSITIVO EN COVID.

he
she
it

has

HASN'T SHE TESTED POSITIVE FOR COVID?

¿NO HA DADO POSITIVO EN COVID?

SHE'S TESTED | SHE HASN'T TESTED

extra stuff

never

I HAVE NEVER TESTED POSITIVE FOR COVID.

zero times | **not ever**



never

extra stuff

I HAVE NEVER TESTED POSITIVE FOR COVID.

I HAVE NEVER EVER TESTED POSITIVE FOR COVID.

zero times | **not ever**



never

extra stuff

I HAVE NEVER TESTED POSITIVE FOR COVID.

I HAVE NEVER EVER TESTED POSITIVE FOR COVID.

YOU HAVE NEVER TESTED POSITIVE FOR COVID?!

zero times | **not ever**

extra stuff

ever

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.

extra stuff

ever

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.

ever

extra stuff

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

extra stuff

yet

HAS SHE HAD THE CHECKUP YET?

expecting something.

extra stuff

yet

HAS SHE HAD THE CHECKUP YET?

SHE HASN'T HAD THE CHECKUP YET.

expecting something.
waiting for something to happen.

P O L L

T I M E



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 rates of anxiety and depression around the world have increased by almost 20% in the past two decades.

According to the World Health Organization rates of anxiety and depression around the world have increased 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 rates of anxiety and depression around the world have increased 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 I've 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 I've 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 had gotten so bad that I had what some might call: a breakdown.

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

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

My anxiety had gotten 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 I'd been a professor during the day, a musician at night and a wife and a mama throughout it all.

For ten years I'd been 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 I'd been 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 (...)

I haven't been a professor (...)

ready to show off!

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.

results

swallowing

MRI

**then and
there**

ER

stroke

prescription

breakdown

video

And then things went from strange to scary. I began having difficulty _____ 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 _____ 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 MRI 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 breaking down. I decided right then and there that I had to learn why this had happened to me when all I was doing was following the prescription 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 (...)?

pleasant

unpleasant

embrace

avoid

to be aware

emotions

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 emotions. 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 embrace. Negative emotions like anger, sadness and fear are emotions that our culture teaches to avoid 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.

fingertips

**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 fingertips. 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.

feelings

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 OK to not feel OK.

Before my breakthrough 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.

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

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

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

Before my breakthrough I'd been avoiding 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 (...)

**rocket
science**

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 painful 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 pursuit 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?

T H a n k

Y O U