

Amoya Dixon

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

Throughout the video Daniel Levitin proposes that persons should try to use the method of pre-mortem when dealing with stress. That is persons should think ahead of time and assume what negative results can come from each action in life and come up with possible solutions that may prevent those bad things or minimize the effect of the damage. By putting in these systems stressful events would be less stressful, simply broken down being more organized can prevent stressful situations.

By doing these one will be calmer in the event of a stressful situation, he mentioned planning how you would prefer to live life because medical help is not always as helpful as it should be and so side effects are highly expected so would you rather living with your illness or living with a lesser side effect. The takeaway for me from the video is "We all are going to fail now and then, the idea is to think ahead to what those failures might be to prevent the bad things from happening in the first place".