Ted talks

Social

[**What Makes a Good Life? Lessons from the Longest Study on Happiness**](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness) (13 minutes)

**Discussion Questions:**

* Securely attached relationships – family, friends, community – have proven to be the key. Can you attest to that in your own life?
* Toxic loneliness diminishes the human spirit. Is it possible that some people choose that and why?
* Messy relationships are a give and take, compromise and support over a life span. How do you know that they are worth the investment?

[**A Hilarious Celebration of Lifelong Female Friendship**](https://www.ted.com/talks/jane_fonda_and_lily_tomlin_a_hilarious_celebration_of_lifelong_female_friendship) (16 minutes)

**Discussion Questions:**

* Is there a common denominator among your friends?
* How do you show appreciation of your friends and share the power of these relationships?
* What prevents men from having supportive friendships – is it the patriarchal culture?

[**How I Made Friends With Reality**](https://www.ted.com/talks/emily_levine_how_i_made_friends_with_reality) (15 minutes)

**Discussion Questions:**

* How would you explain reality as limitation?
* How can you describe life as a cycle of gifts?
* Emily is a stark realist – how do you explain her finite vision of life?

[**My Year of Saying Yes to Everything**](https://www.ted.com/talks/shonda_rhimes_my_year_of_saying_yes_to_everything) (18 minutes)

**Discussion Questions:**

* Saying YES to scary challenges and pushing outside of your comfort zone proves goals are timeless. What are you challenging yourself to do?
* What is “the hum” for you?
* Play versus work – where are you the most productive and why?

[**A Virtual Choir 2,000 Voices Strong**](https://www.ted.com/talks/eric_whitacre_a_virtual_choir_2_000_voices_strong)(14 minutes)

**Discussion Questions:**

* What does that performance mean to you?
* Have you seen similar YouTube performances and what is your favorite?
* This production uses technology to its best effect. How does it unite us?

Intellectual

[**Why We Laugh**](https://www.ted.com/talks/sophie_scott_why_we_laugh) (17 minutes)

**Discussion Questions:**

* How is laughter the best and most ancient of medicines?
* How do you use opportunities to engage in laughter throughout your day?
* Does laughter connect memories for you?

[**You Can Grow New Brain Cells. Here’s How**](https://www.ted.com/talks/sandrine_thuret_you_can_grow_new_brain_cells_here_s_how)(11 minutes)

**Discussion Questions:**

* What is a soft diet and what makes it deficient in improving the growth of neurons?
* How can you make a conscious effort to accelerate the production of new neurons?

[**My Stroke of Insight**](https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight) (18 minutes)

**Discussion Questions:**

* The left hemisphere: serial processor, linear, methodical thinking of past and future. It takes a collage of the present moment and picks out and categorizes details and projects into the future possibility. Thinks in language. Internal chatter and calculating intelligence. I AM. Separate. Solid.
  + How do you protect your brain?
* The right hemisphere: parallel processor, present moment, thinks in pictures, learns kinesthetically, information in the form of energy streams in and displays a collage through senses. Energy beings connected through each other. Nirvana.
  + How do you value your brain?
  + How do you nourish your brain?

[**The Secrets to Learning New Language**](https://www.ted.com/talks/lydia_machova_the_secrets_of_learning_a_new_language?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) (10 minutes)

**Discussion Questions:**

* If the secret of polyglot is enjoying the process of learning, how can you put that into practice? Are you a visual or audible learner?
* What effective methods of learning that you apply in your life by taking small steps daily?
* Can you create a system to motivate and reward yourself for learning?

[**This Could be Why Your Depressed and Anxious**](https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) (20 minutes)

**Discussion Questions:**

* Johann reports that there are nine causes for depression, two of which are biological. Most factors are environmental/cultural such as loneliness or lack of control. How can you address those issues?
* Depression alerts us to our psychological needs – to be validated and be recognized and belong to a “tribe”. Who is your tribe?
* Depression is a signal that we are not living within an engaged community and ascribing to junk values. How can you turn this tide – which is driven by marketing, advertising and competition?

Physical Health

[**Sleep Is Your Superpower**](https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en) (19 minutes)

**Discussion Questions:**

* Matt reports that adequate sleep after learning hits the SAVE button in your brain and it is just as important before learning. Studies prove there is a 40% deficit in learning experience with the brain when associated with sleep deprivation. How is academia denying this fact?
* Deepest brain waves (sleep spindles) acts as a file transfer mechanism and that is compromised with aging. The silver lining is that you can do something about the quality of your sleep. Are you able to recognize when you and those around you have had insufficient sleep and how do you adjust?
* Daylight savings time and nighttime shift work both affect sleep patterns. The body and the Immune system are deeply affected by lack of sleep. How would you design a regular sleep routine and environment for yourself, what would that consist of?

[**How to Live to be 100+**](https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100?language=en#t-94858) (19 minutes)

**Discussion Questions:**

* Dan Buettner says we are designed for procreative success – not longevity. How can you accept the challenge of adding quality to the years of your life when you are outside that biological timeframe?
* Obviously, nothing can stop aging, but you can protect yourself and your 35 trillion cells that turn over every 8 years. Are you able to provide the best environment to thrive in?
* What are the common denominators discovered in the Blue Zones and can that be replicated in your community? What is the most enviable social habit in Okinawa, for example?

[**Rethinking Health, Wellness & Aging in American Today**](https://www.ted.com/talks/clay_destefano_rethinking_health_wellness_aging_in_america_today) (10 minutes)

**Discussion Questions:**

* Clay DeStefano promotes lifestyle over genetics, choices v. biology. What do you feel is your greatest strength supporting a quality aging experience and what do you need to improve upon?
* How can you start your own health revolution?
* How can you become one of those aging superstars?

[**The Brain-Changing Benefits of Exercise**](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) (13 minutes)

**Discussion Questions:**

* Physical exercise is a gift you give yourself. How can you appreciate and utilize that gift throughout your day?
* Wendy Suzuki explains that exercise produces immediate effects that last two hours in the hippocampus and improves reaction time. New brain cells are formed to improve long term memory and improve attention function. Exercise also results in sustaining good moods. How can you chart your progress on this course?

Peace & Fulfillment

[**Life’s Third Act**](https://www.ted.com/talks/jane_fonda_life_s_third_act) (11 minutes)

**Discussion Questions:**

* Jane suggests that the last three predicted decades are a blank canvas. How would you fill or paint this canvas? “It takes a long time to become young.” Picasso
* The human spirit finally gets the attention it deserves over age 50 because the distractions are being eliminated. How can you enrich yourself and the people around you?
* Have you done a life review? If so, what did you learn?

[**Helping Other’s Makes Us Happy**](https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) (14 minutes)

**Discussion Questions:**

* Are you self or other-focused and how does that affect your life?
* The “Group of Five” in Canada sponsors families of refugees, working together towards a communal adoption. Who benefits the most from these efforts and why?
* Can you envision making a difference and what is your charity of choice?

[**How To Live Passionately No Matter Your Age**](https://www.ted.com/talks/isabel_allende_how_to_live_passionately_no_matter_your_age) (8 minutes)

**Discussion Questions:**

* Let go – feel lighter – carry less baggage – has this been experienced on your journey?
* How do you relate to the ageless spirit and invisibility?
* How can you work on creating and sustaining passion?

[**The Three A’s Of Awesome**](https://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome) (17 minutes)

**Discussion Questions:**

* Attitude Awareness Authenticity are Neal’s 3 As. He proposed that your choices are to be resigned or pull through and move on. What has a 3-year-old taught or awakened within you?
* How can you make sure the authentic you is always present?
* Neal has the gift of appreciation from his immigrant parents. How can you sustain that through your life experience?

[**There's More to Life Than Being Happy**](https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy) (12 minutes)

**Discussion Questions:**

* Emily’s pillars include belonging, purpose, transcendence and storytelling. How do those resonate with you?
* Do you have an example of a redemptive story – hardship turned into purpose?
* Happiness is fleeting and circumstantial – what is your bigger goal?

[**An Unexpected Place of Healing**](https://www.ted.com/talks/ramona_pierson_an_unexpected_place_of_healing#t-41362) (11 minutes)

**Discussion Questions:**

* Ramona’s story is a painful, breathtaking rebirth. How would you describe the beauty of the collaboration she experienced?
* This unbelievable challenge reflects an indomitable spirit. What would you ask Ramona if you could talk to her?
* There are so many unsung heroes in life. How do you feel that we all benefit from the courage that Ramona demonstrated through her years of healing?

[**What Dying Taught Me About Living**](https://www.ted.com/talks/suleika_jaouad_what_almost_dying_taught_me_about_living?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare) (17 minutes)

**Discussion Questions:**

* Suleika faced a stark reality and broke through. How does her journey inspire you?
* How did the human connections Suleika made during her illness and her subsequent visits contribute to her perspective?
* What has interrupted your life?