



How to access the videos:

- Go to <http://ed.ted.com/>
- Enter the name of the video in the search box.

Health Education

- Are Food Preservatives Bad for You?
- The Benefits of a Good Night's Sleep
- The Benefits of Good Posture
- Could We Cure Aging During Your Lifetime?
- The Different Types of Fats
- Does Stress Cause Pimples?
- Do Fad Diets Work?
- The Effects of Sleep Deprivation
- Five Ways Social Media Is Changing Your Brain
- Five Weird Involuntary Reflexes Explained!
- The Heartbreaking Text That Inspired a Crisis Help Line
- The History of the Black Fives Era in Basketball
- How Anesthesia Works
- How Aspirin Was Discovered?
- How Blood Pressure Works
- How Close Are We to Eradicating HIV?
- How Concussions Work
- How Do Blood Transfusions Work?
- How Do Cigarettes Affect the Body?
- How Does Asthma Work?
- How Does Caffeine Keep Us Awake?
- How Does Sugar Affect the Brain?
- How Does Your Body Know You're Full?
- How Does Your Body Process Medicine?

- How Does Your Digestive System Work?
- How Does Your Heart Pump Blood?
- How Does Your Liver Work?
- How Does Your Pancreas Work?
- How Does Your Thyroid Manage Your Metabolism?
- How Do Drugs Affect the Brain?
- How Do Glasses Help You See?
- How Do Vaccines Work?
- How Do Viruses Jump from Animals to Humans?
- How Do Vitamins Work?
- How Do We Study Living Brains?
- How Do Wounds Heal?
- How Do You Get Rid of Acne?
- How Do Your Kidneys Work?
- How Do Your Lungs Work?
- How Fast Can Humans Go?
- How the Food You Eat Affects Your Brain
- How the Food You Eat Affects Your Gut
- How Hormones Work
- How Microbes Form Communities
- How Much Water Do We Need to Drink?
- How Mucus Keeps Us Healthy
- How Old Are Your Ears? (This is a hearing test that requires earphones connected to a computer set at 1080p.)
- How One Scientist Averted a National Health Crisis
- How Oxygen Travels Through the Body
- How Playing Sports Benefits Your Body and Brain
- How Old Is Your Body Really?
- How to Practice Effectively
- How Stress Affects the Brain
- How Sugar Affects the Brain
- How to Biohack Your Cells to Fight Cancer
- How to Choose a Sunscreen
- How to Eradicate a Disease
- How to Help a Friend Suffering from Depression
- How X-rays See Through Your Skin

- How to Grow a Bone
- How to Practice Effectively
- How Your Immune System Works
- How Your Muscular System Works
- Is It Bad to Hold Your Pee?
- Is Marijuana Bad for Your Brain?
- Is Radiation Dangerous?
- Lead and the Brain
- The Mysterious Science of Pain
- Protecting the Brain Against Concussion
- Sickle Cell Disease
- The Surprising Cause of Stomach Ulcers
- The Surprising Reason Muscles Get Tired
- The Surprising Reason You Feel Awful When You're Sick
- 23 and 1/2 Hours
- Your Body vs. Implants
- What Are Carbohydrates?
- What Are Those Floaty Things in Your Eyes?
- What Causes Addiction
- What Causes Antibiotic Resistance?
- What Causes Bad Breath?
- What Causes Baldness?
- What Causes Body Odor?
- What Causes Cavities?
- What Causes Headaches?
- What Causes Kidney Stones?
- What Causes Memory Loss?
- What Did Dogs Teach Humans About Diabetes?
- What Does Your Thyroid Do?
- What Happens During a Heart Attack?
- What Happens During a Stroke?
- What Happens When You Get Heat Stroke?
- What Happens When You Have a Concussion?
- What Herpes Can Do to Your Brain
- What Is a Calorie?
- What Is Alzheimer's Disease?

- What Is Depression?
- What Is Fat?
- What's the Big Deal with Gluten?
- What Makes Muscles Grow
- What Would Happen If You Didn't Drink Water?
- What Would Happen If You Didn't Sleep?
- Why Do Blood Types Matter?
- Why Do Our Joints Pop?
- Why Do We Age?
- Why Do We Dream?
- Why Do We Hiccup?
- Why Do We Itch?
- Who Do We Make Irrational Decisions?
- Why Do We Pass Gas?
- Why Do We Sweat?
- Why Some People Have Seasonal Allergies
- The World's Most Infectious Killer
- Your Body vs. Implants

Counseling

- Are You a Giver or a Taker?
- Are You a Good Listener?
- The Distracted Mind
- Does School Prepare Students for the Real World
- Five Ways Social Media Is Changing Your Brain Right Now
- Five Ways You Can Help a Friend Suffering from Depression
- Friendships and Vulnerability
- Grit: The Power of Passion and Perseverance
- Good and Bad Childhoods
- Growth Mindset vs. Fixed Mindset: An Introduction
- How Does Stress Affect the Brain?
- How I Learned to Organize My Scatterbrain
- How Miscommunication Happens (and How to Avoid It)
- How to Be Confident
- How to Be More Empathetic
- How to Manage Your Time More Effectively

- How to Practice Effectively
- How to Stay Calm Under Pressure
- How to Stop Being Bored and Start Being Bold
- How to Talk to People You Disagree With
- Is Binge-Watching Bad for You?
- [J.K. Rowling on the Importance of Failing](#)
- Learning to Listen
- Manners
- Overcoming Obstacles
- The Science of Decision-Making
- Seven Healthy Tips for a Better Night's Sleep
- A Simple Way to Break a Bad Habit
- Stay in--or Leave--a Relationship?
- The Surprising Link Between Stress and Memory
- Teach Girls Bravery Not Perfection
- Three Quick Tips to Boost Your Confidence
- What Is Depression?
- What Is Empathy?
- What Trying to Help My Friend Taught Me About Mental Health
- What You Can Do When Friendship Becomes Harmful
- Why Do We Make Irrational Decisions?
- Why Perfect Grades Don't Matter
- Why We Fear the Wrong Things