Discussion Questions – Limitless – Episode 1

1. **Understanding Stress:**
	* What are some common causes of stress that individuals experience?
	* How does Chris Hemsworth describe his experience with stress in the episode?
	* Why might understanding and managing stress be important for individuals, particularly as they age?
2. **Psychological Challenges:**
	* What psychological challenge is Chris Hemsworth faced with in this episode, and how does he approach it?
	* How does psychologist Modupe Akinola assist Chris in overcoming his fear during the crane walk?
	* What are some other psychological techniques that might help individuals manage stress and fear?
3. **Physical Challenges:**
	* In addition to the crane walk, what other physical challenges are presented in the episode?
	* How do these challenges aim to push the human body to its limits?
	* Discuss the role of physical activity in managing stress and promoting longevity.
4. **Scientific Exploration:**
	* What scientific or medical insights are shared in the episode regarding stress management and human potential?
	* How does the series explore the idea of combating aging and discovering the full potential of the human body?
	* Discuss the intersection of science, health, and personal experience as presented in the series.
5. **Self-Exploration and Growth:**
	* How does Chris Hemsworth's personal journey in managing stress reflect broader themes of self-exploration and growth?
	* What might viewers learn about their own potential and limitations from watching this episode?
	* Discuss the importance of stepping outside one's comfort zone as depicted in the episode.
6. **Media Analysis:**
	* How does the series blend entertainment and education?
	* Discuss the effectiveness of using a celebrity like Chris Hemsworth to explore complex topics like stress management and human potential.
	* How does the visual and narrative style of the series contribute to the viewers' understanding and engagement?

Questions Based Specifically around the Fire Suppression Portion of the Episode.

1. **Stress Management:**
	* How did Chris Hemsworth manage stress during the firefighting task, and what strategies did he employ to boost his performance?
2. **Real-world Applications:**
	* Discuss the importance of stress management in high-pressure real-world scenarios like firefighting. How might these techniques be applied in other high-stress professions?
3. **Learning and Adaptation:**
	* What did Chris learn from the firefighting segment, and how might these learnings be applied to understanding human potential and longevity?

This segment demonstrates the application of stress management tools in overcoming challenging scenarios, contributing to the exploration of human potential​.