



## This week...

Scott has been having a hard time at work recently. Tina is giving him some advice on how to deal with the stress.

## Lesson Targets

- Talking about stress
- Dealing with stress

## Daily English Conversation

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**Advanced Class**

## Warm Up – Topic Question



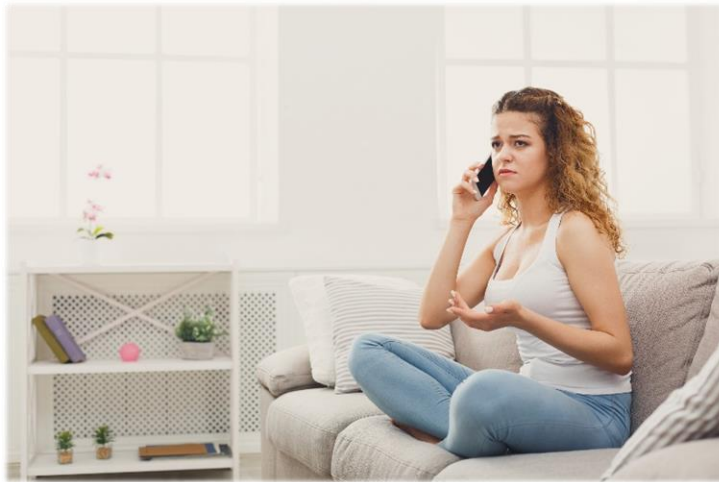
What stresses you out on a day-to-day basis?

# Picture Description

Why is that man feeling so stressed?

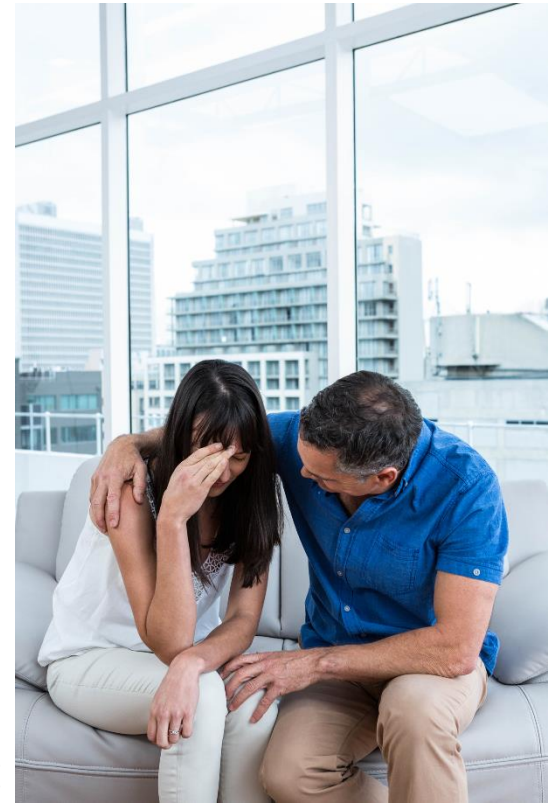


A



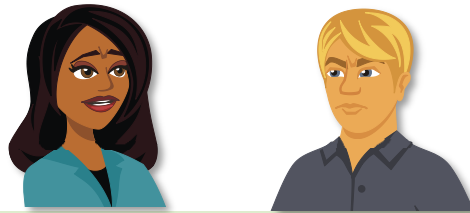
B

Who is she talking to?



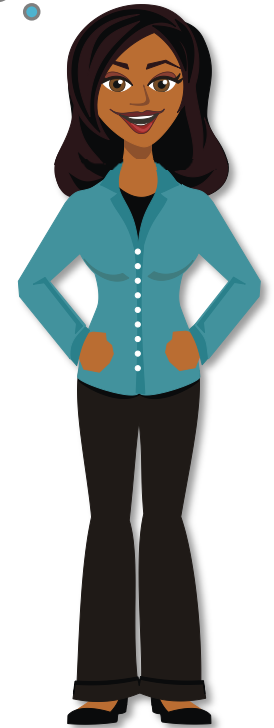
C

What's wrong with that woman?



<b>Tina</b>	I'm a little bit worried about you, Scott. You have been quite moody over the past few days. Is everything OK?
<b>Scott</b>	I am under a lot of pressure at work, and <b>I'm having a hard time dealing with</b> the stress.
<b>Tina</b>	Have you tried anything to reduce your stress?
<b>Scott</b>	I haven't really thought about it. Do you have any suggestions?
<b>Tina</b>	<b>Whenever I am stressed out I usually</b> go to the gym and do some physical exercise. That really helps.
<b>Scott</b>	<b>I haven't been to</b> the gym <b>in ages</b> . I'll give it a go. Anything else?
<b>Tina</b>	Don't drink too much coffee or alcohol. You could also try meditation.
<b>Scott</b>	<b>I will make sure to</b> follow your advice. Thanks, Tina!

I will make sure to get more exercise.



1. I'm having a hard time dealing with .....
2. Whenever I'm stressed out I usually .....
3. I haven't been to ..... in ages.
4. I will make sure to .....

# Role Play – Dealing with Stress

Student A has been suffering from stress recently and Student B is giving some tips for dealing with stress.



**B:** You have been quite moody over the past few days. Is everything OK?

**A:** Actually, I'm feeling quite stressed out.

## Key Phrases

- Have you tried anything to reduce your stress?
- Whenever I am stressed out I usually ....
- You could also try ....
- I haven't really thought about it.
- Do you have any suggestions?
- I'll give it a go.
- I'll make sure to follow your advice.
- *Other*

## Tips

- get more exercise
- get more sleep
- try meditation
- go out with friends
- avoid too much caffeine/alcohol
- *other*

## True or False

\* Choose a topic below and tell a short story that is either true or not true. The other students in the class and the teacher ask one question each about the story. Then they guess whether your story is true or false.



1. I think technology is making life more stressful.
2. I avoid talking about my stress.
3. I am good at covering up my stress.
4. My life is quite stressful at the moment.



- What do you think is the best way to deal with stress?
- What are the dangers of not dealing with stress?
- Can stress be used as a positive force in one's life?



## Ask the Teacher



- What causes you stress in your day-to-day life?
- What do you think is the best way to deal with stress?
- (Ask a different question related to the topic)

- basis - *You should go to the gym on a regular **basis**.*
- follow - *I will try to **follow** the ideas you suggested.*
- meditation - *Why don't you try **meditation**? It works for me.*
- moody - *I have been quite **moody** lately.*
- pressure - *Sometimes I crack under **pressure**.*
- reduce - *You should reduce your **caffeine** intake.*
- stress - *I'm having a hard time dealing with **stress**.*