



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

Super Class

Warm Up – Topic Question



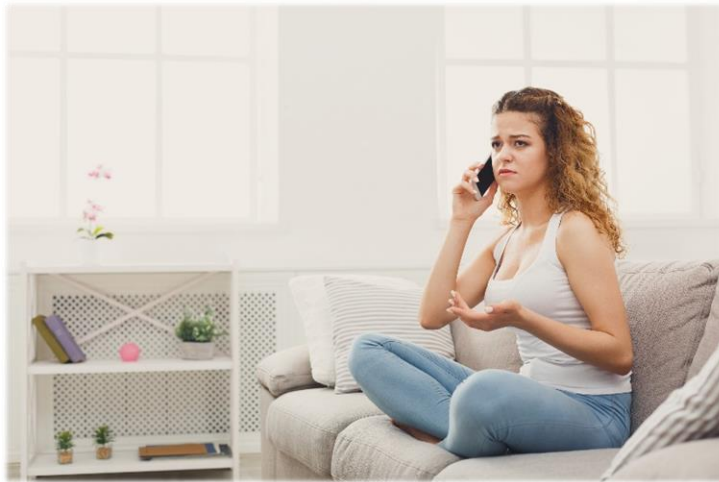
What stresses you out on a day-to-day basis?

Picture Description

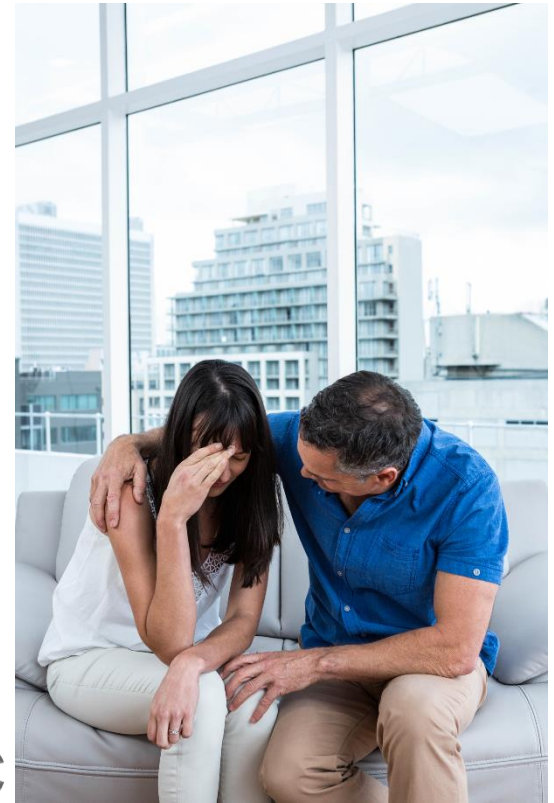
Why is that man feeling so stressed?



A



B



C



* Choose the most appropriate meaning of the word from the four options.

1. exercise

- effortless
- idleness
- repose
- workout

2. irritable

- exasperated
- pleasant
- cheerful
- parched

3. lower

- prolong
- extend
- diminish
- elevated

4. pressure

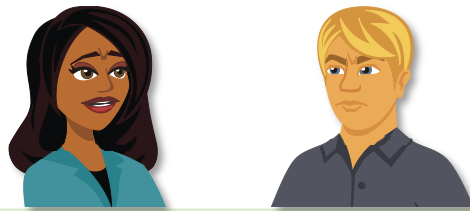
- assistance
- blessing
- burden
- placid

5. swap

- trade
- destitute
- keep
- maintain

6. worried

- undisturbed
- perturbed
- sweltering
- comforted



Tina	I'm a little bit worried about you, Scott. You have been quite moody and irritable over the past few days. Is everything OK between us?
Scott	It has nothing to do with you, Tina. I am under a lot of pressure at work, and I'm having a hard time dealing with the stress.
Tina	Have you tried anything to lower your stress levels ?
Scott	I haven't really thought about it. Do you have any suggestions?
Tina	Whenever I am stressed out I usually go to the gym and do some physical exercise. That really helps.
Scott	I haven't been to the gym in ages. I'll give it a go . Anything else?
Tina	Swap caffeinated and alcoholic drinks for water and herbal teas. You could also try meditation.
Scott	It sounds like you want me to become a monk!



Role Play – Dealing with Stress



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

Key Phrases

- You seem quite irritable and moody. Is everything OK?
- Have you tried to lower your stress levels?
- Whenever I am stressed out I usually
- I am feeling stressed out.
- I haven't really thought about it.
- Do you have any suggestions?
- I'll give it a go.
- *Other*

Tips

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



- 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)



Life is becoming more stressful for people these days.

A

Agree

B

Disagree