

Workplace Stress



This week...

Akio is feeling under pressure at work and is quite stressed. He is talking to the Human Resources Manager, Fiona about it. She is giving him some advice on how to handle workplace stress.

Lesson Objectives...

- Dealing with workplace stress
- Giving advice

Business English Conversation

Advanced Class



What are some causes of stress at your workplace?

Picture Description

Why does he look so tired?



B



A



Why do they all look so stressed?

Akio	Do you have a minute? I'd like to talk to you.
Fiona	Come on in, Akio. Is something troubling you?
Akio	I'm under a lot of stress at work and I suffer from fatigue and headaches every day .
Fiona	Do you know what the cause of your stress is?
Akio	I feel my workload is excessive and I'm not getting any support from my co-workers.
Fiona	You don't have to do all the work by yourself. You can delegate some tasks to some of the newer employees.
Akio	Also, the two supervisors in the department are always telling me to do things in different ways.
Fiona	I'll have a word with them about it. I suggest you take short breaks during the day to clear your head. This will help reduce stress.
Akio	Thanks for listening.
Fiona	Anytime.

I suggest you take a break and go for a walk during the day.

1. I suffer from every day.
2. I'm not getting any support from
3. You can delegate some tasks to
4. I suggest you during the day.



Role Play – Workplace Stress

Student A is under pressure and feeling quite stressed at work. Student A is talking to the HR Manager, Student B about it.



Student A: Ask Student B if he/she has a minute to talk.

Student B: Ask Student A if something is troubling him/her.

Student A: Tell Student B that you are under a lot of stress and give a Reason.

Student B: Give some Advice.

Key Phrases

- Do you have any other concerns?
- I suggest you during the day.
- I will talk to him/her about it.
- Come and talk to me anytime.
- Also, I'm
- I'm not getting any support from
- Do you have any other advice on how to reduce stress?
- Thanks for listening.

Reason

- too much work
- suffer from fatigue
- the supervisor is always angry
- no support
- Other

Advice

- delegate work
- take short breaks
- go for a walk
- talk to co-worker
- reward yourself
- Other

Agree or Disagree



1. Stress is sometimes good, useful and necessary.
2. A stressful job with high pay is better than a relaxing job with lower pay.
3. There are many more causes of stress in a big company compared to a small company.

- Have you experienced any workplace stress recently?
- What do you do to relieve workplace stress?
- What is the most stressful job you can think of?
- Does the place you work at have a high-stress environment?

- concerns - *I would like to express my **concerns**.*
- cause - *What is the **cause** of this error?*
- delegate - *You need to **delegate** some of your work.*
- during - *I will take notes **during** the afternoon meeting.*
- environment - *The work **environment** here is very friendly.*
- fatigue - *I really struggle with **fatigue** every day.*
- pressure - *I am under a lot of **pressure** right now.*
- stress - *Do you know any good ways to lower **stress**?*
- suffer - *I **suffer** from headaches every day.*