

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

Super Class

Warm Up – Topic Question



What are some causes of stress at your workplace?

Picture Description

Why does he look so tired?



B



A



Akio	Do you have a minute? I'd like to talk to you about something.
Fiona	Come on in, Akio. What seems to be troubling you?
Akio	I'm under a lot of stress at work, and I am suffering from fatigue and headaches every day. I feel burnt out.
Fiona	Can you pinpoint the problems that are making you feel this way?
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, which is affecting productivity.
Fiona	I'll have a word with them about it. I suggest you take short breaks during the day to take a walk or chat to a friendly face to reduce stress.
Akio	Thanks for listening.
Fiona	Anytime.



Student A is under pressure and feeling quite stressed at work for various reasons. Student A is talking to the HR Manager, Student B about it. Student B is giving Student A some advice on how to cope with workplace stress.

Key Phrases

- What seems to be troubling you?
- Can you pinpoint the problems?
- I suggest youduring the day.
- I will talk to him/her about it.
- Come and talk to me anytime.
- I'm under a lot of stress.
- I feel
- 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*



Talk about one of the following topics for one minute:

1. Stress is sometimes good, useful and necessary
2. Different ways to handle workplace stress
3. Greatest causes of workplace stress

*Other students in the class, ask one question each to the presenter after the speech

- 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?
- A stressful job with very high pay or a rewarding job with much lower pay. Which do you think is better and why?

My boss is always telling me what to do and he never listens to me. I'm **at my wit's end!**



at my wit's end – to be so worried, confused, or annoyed that you do not know what to do next

- I can't deal with this project anymore. I'm **at my wit's end**.

got a lot on my plate – to have a lot of work to do or a lot of problems to deal with

- I'm sorry I won't be able to help you. I've got **a lot on my plate** at the moment.

snowed under – exceptionally busy

- My boss just gave another project to complete by the end of the week. I'm completely **snowed under**.