



## Problems and Stress Related to Work

### Warm-up:

1. What are some common problems you have at work?
2. What are common computer related troubles people have?
3. What product(s) have given you a lot of problems?

### Vocabulary/Expressions:

Don't get your hopes up.

Have a look.

Optimistic

Pessimistic

Turn to (someone) for...

Pain in the butt

I tried... but...

Could you... when you are done?

### Discussion questions:

1. Who do you usually go to when you have trouble at work? Why?
2. Do people usually turn to you for help?
3. What advice do you give someone when their problem is unsolvable?
4. What do you do when someone needs your help but you are busy?
5. Describe a problem you had at work recently? What happened?

### What is the best way to deal with stress? Rank the following with your partner

Exercising

Drinking

Shopping

Eating junk food/sweets

Watching movies

Singing

Listening to music

Sleeping

Other:

1. What are you stressed about these days?
2. How do you like to relieve stress?
3. Do you think some stress is good for you?
4. What was the most stressful thing you have done?