

Dealing with Stress

Warm-up: *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:

Vocabulary/Expressions:

Optimistic

Pessimistic

Pain in the butt

To drive someone up the wall

To clear one's head

To take one's mind off of...

To get an attitude

Overwhelmed

Discussion questions:

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?
5. Who do you usually go to when you have trouble at work? Why?
6. Do people usually turn to you for help?
7. What advice do you give someone when their problem is unsolvable?
8. Describe a problem you had at work recently? What happened?

Make a list of stressful situations in your life:

- 1.
- 2.
- 3.
- 4.
- 5.

*Discuss your problems and ask for suggestions from your classmate(s).