



Dealing with Stress

Warm-up:

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

Exercising

Eating junk food/sweets

Listening to music

Drinking

Watching movies

Sleeping

Shopping

Singing

Other:

Vocabulary/Expressions:

Optimistic

Pain in the butt

To clear one's head

To get an attitude

Pessimistic

To drive someone up the wall

To take one's mind off of...

Overwhelmed

What are you stressed about these days? 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) using the expressions below.

Giving suggestions/recommendations:

- We should (do)...
- We shouldn't (do)...
- We have to/need to (do)...
- We had better (do)...(threat/warning)

- I suggest/recommend (something)
...(doing something)
...(someone does something).

- I suggest option A.
- I recommend choosing option A.
- I suggest we choose option A.

- If I were you, I would (do)...

Discussion questions:

1. How do you like to take your mind off of stress?
2. Do you think some stress is good for you?
3. What was the most stressful thing you have done?
4. Who do you usually go to when you have trouble at work? Why?
5. Do people usually turn to you for help?
6. Who or what has been a pain in the butt for you these days?
7. Describe a problem you had at work recently? What happened?
8. Have you ever felt overwhelmed at work? In life? In school?