

STRESS-FREE LIVING

Watch the [video](#) "Coping with Stress" by LearnFree.

1 WARM UP: STRESS

Task 1: Can you identify the common stressful situations below?



1. **Traffic jams.**



2. **Public speaking.**



3. **Moving house.**



4. **Financial problems.**



5. **Job interviews.**



6. **Tests / exams.**

Task 2: Discuss the following lead-in questions as a class.

- a. What comes to mind when you hear the word "stress"?
- b. How can you reduce stress when you are in a traffic jam?
- c. Do you find job interviews stressful?
- d. Do you think money is often the main cause of stress?
- e. Discuss common situations you find stressful?



3 VIDEO: QUOTES

Task 1: Complete the quotes from the [video](#) using the words in the box.

stressing us out

pile up

cope with

1. Stress—everyone experiences it, both at work and in their personal lives. It's often caused by changes in the world around us that we can't control. But what we can control is how we **cope with** and react to stress.
2. When we're stressed, we have a tendency to focus on the things that are **stressing us out**, and we lose sight of taking care of ourselves. It's important to find some time in your schedule to relax or do what you enjoy.
3. There may be times where projects and tasks just start to **pile up**, and you feel trapped under it all. This could be due to procrastinating or taking on too much work. Try listing out your tasks and prioritising them.

Task 2: Complete the quotes from the [video](#) using the words in the box.

inevitable

anxiety

stressors

4. Stress often makes us tired and increases our **anxiety**. Studies have shown that over time, exercise can help to reduce anxiety levels and make you feel more energetic.
5. While you can't control the changes that happen to you, there may be certain **stressors** that you can eliminate. For example, you could try limiting your access to daily news, spending less time on social media, or reducing the number of new projects you take on.
6. While stress is **inevitable**, it's important to remember that there are always ways of managing it and improving the quality of your life.



4 VIDEO AND TOPIC: DISCUSSION

Task: Discuss the following [video](#) and topic-based questions as a class.

Answer using full sentences, and give detailed answers. Have fun!

1. What does the word "stress" mean to you?
2. Can you think of a time recently when you felt stressed? What caused it?
3. How do you typically experience stress physically (e.g., headaches, muscle tension) and emotionally (e.g., anxiety, irritability)?
4. Do you think stress is always a bad thing, or can it be good sometimes? Why?
5. What is self-care? How can practicing self-care help us to reduce stress?
6. Why is it important to make time for hobbies during stressful times?
7. What hobbies do you have that help you to reduce stress levels?
8. What role does time management play in reducing stress? Can you share an example of how you manage your time?
9. How does exercise play a role in reducing stress levels, according to the information presented in the video?
10. The video suggests eliminating sources of stress. Can you provide examples of stressors that individuals might be able to control or reduce in their lives?
11. How could you remove or minimise stressors in your life? Can you share an example of a time you successfully did this?
12. How can limiting exposure to news and social media contribute to stress management, as mentioned in the video?
13. How important do you think social connections are in dealing with stress?
14. In what situations do you think it's important for individuals to seek professional help for stress management?
15. What key message does the video convey about stress management, considering the inevitability of stress in our lives?
16. Do you think stress management should be taught at school? How would this impact society?

5 LET'S DEBATE

Study the arguments. Decide if you agree or disagree with each person, explaining why. Adapt the language from the table to use in your argument. Have fun!

<p>Tom</p> <p>“Stress is a natural motivator that drives individuals to achieve their highest potential.”</p>
<p>Darren</p> <p>“The modern emphasis on stress reduction may contribute to a generation ill-equipped to handle life's challenges.”</p>
<p>Olivia</p> <p>“Stress is often a symptom of deeper societal issues rather than an individual problem.”</p>
<p>Harriet</p> <p>“The pressure to maintain a perfect social media profile can create a lot of unnecessary stress in people’s lives.”</p>
<p>Janet</p> <p>“While technology has increased efficiency, it has also led to an 'always-on' culture, making it hard for workers to take a break.”</p>

<p>Express an opinion</p> <p>It seems to me that...</p> <p>I feel that...</p> <p>I'm absolutely convinced that...</p> <p>In my opinion,...</p> <p>I believe / suppose / feel (that)...</p>	<p>Express disagreement</p> <p>I don't agree with you about...</p> <p>I can't accept your view that...</p> <p>I have a different opinion...</p> <p>I'm not sure if...</p> <p>I'm not convinced that...</p>
<p>Express pro's and con's</p> <p>There are two sides to this point...</p> <p>On the one hand...,on the other hand...</p> <p>An argument for / against is...</p> <p>Some people think that...,others say that...</p> <p>The advantages / disadvantages are...</p>	<p>Summarise</p> <p>So, in conclusion...</p> <p>To summarise..</p> <p>Overall, it is clear that...</p> <p>As a result..</p> <p>The bottom line is...</p>



6 STRESS: PHRASAL VERBS

Task 1: Match the phrasal verbs from the box to their definitions.

Lash out

Chill out

Bottle up

Burn out

1. **Chill out:** to calm down and relax.
2. **Bottle up:** to keep feelings inside.
3. **Burn out:** to get really tired and lose energy.
4. **Lash out:** to get angry and react strongly.

Task 2: Use the phrasal verbs to complete the sentences. Use the correct tense.

- a. After a busy week at work, I like to **chill out** by watching a movie and relaxing on the sofa.
- b. She was so frustrated with the situation that she **lashed out** at her friends during the meeting.
- c. He tends to **bottle up** his emotions instead of talking about his problems with others.
- d. After working long hours every day for months, Jane started to **burn out** and needed a break to recover.

Task 3: Practice using the phrasal verbs in a natural way by answering the questions:

1. What activities help you **chill out** after a busy day?
2. What are some healthier ways to deal with stress instead of **bottling them up**?
3. Can someone **burn out** from doing something they love, like a hobby or sport?
4. Can you give some examples of what people do when they **lash out**?

Task 4: Create four questions using the phrasal verbs, then ask them to a classmate.

Lash out

Chill out

Bottle up

Burn out

7 HYPOTHETICALLY SPEAKING...

Let's finish the lesson with a fun speaking game! Read each question, decide what you would do, and then provide a detailed explanation, weighing the pros and cons.

1. Would you rather give a speech to a large audience without any preparation, or have a private conversation with your boss about a difficult topic?

2. Would you rather have stress from work affecting your personal life, or stress from personal problems affecting your work?

3. Would you rather have a job where you travel a lot, but it negatively affects your personal life, or a job where you stay in the office every day and have a lot of work to do?

4. Would you rather receive a big bonus at work but have no hobbies because of long working hours, or have more free time but no bonus?

5. Would you rather give up all social media platforms forever or constantly feel the pressure to post and update your profiles every day?



HOMework

1 HOW TO COPE WITH STRESS: ARTICLE

In the fast-paced modern day world, stress is common. Discovering effective ways to manage it is crucial for well-being. Explore these four practical tips for a calmer, centred you.

Deep Breathing: Take a moment to inhale deeply through your nose, allowing your lungs to fill with air, then exhale slowly through your mouth. Repeat this process for a few minutes. Deep breathing triggers the body's relaxation response, reducing stress hormones and promoting a sense of calm.

Mindful Breaks: Schedule short breaks during your day to practice mindfulness. Whether it's a brief walk, a few minutes of meditation, or simply focusing on your senses, mindfulness helps break the cycle of stress. Be present in the moment, pay attention to your surroundings, and let go of worries temporarily.

Organise and Prioritise: Create a to-do list to organise tasks and prioritise them based on importance. Break big tasks into smaller, more manageable steps. This helps prevent feeling overwhelmed and allows you to approach challenges systematically. Crossing off completed items provides a sense of accomplishment, further reducing stress.

Reach Out for Support: Share your thoughts and feelings with a friend, family member, or colleague. Sometimes, discussing what's on your mind can provide valuable perspective and emotional support. Don't hesitate to ask for help when needed. Connecting with others strengthens your support system, making it easier to navigate stressful situations.

Remember, incorporating these simple tips into your daily routine can make a significant difference in managing stress. Experiment with each strategy to find what works best for you, and prioritise self-care for a healthier, more balanced life.

Task 2: On a separate piece of paper, write detailed answers to the following questions.

- a. How can deep breathing help to reduce stress?
- b. What are the benefits of mindfulness practices?
- c. How can effective time management reduce stress?
- d. How can reaching out for support help people who are stressed?
- e. Summarise the key things you learned in the text, and in the lesson (150 words).