

Stress

Activity 1

Rank the following occupations in order of how stressful you think they are then compare your list with your partner's.

doctor mother student personal assistant miner lawyer computer programmer salesperson
advertising executive accountant fire-fighter teacher police officer politician

Activity 2

What do the underlined words and phrases mean in the following sentences?

1. Underline the stressed syllable in the following words: a) necessary b) computer c) magazine
2. She's working much too hard and the stress is beginning to show.
3. Nowadays many people lay a lot of stress on looking good.
4. Most primary schools stress the importance of learning the three 'R's.
5. He felt very stressed the day before the exam.
6. Planes are built to withstand different types of stress.
7. Which of the following sentences has the stress pattern O o o O?
a) She can swim. b) Where do you live? c) Don't go!

Activity 3

Work with a partner to replace the underlined words and phrases in Activity 2 with suitable alternatives. Use the suggestions below to help you.

rhythm strain pressure strongest emphasis prioritize anxious

Activity 4

Use the following questions to begin a conversation with your partner.

1. How do you know when you are suffering from stress? What are the symptoms?
2. Do you get stressed easily? Why/not?
3. What do you do to reduce the stress in your life? How do you relax? How often do you relax?
4. Have you ever tried acupuncture, massage, hypnotherapy, etc. to help you to cope with stress? How helpful was it?/How helpful do you think it would be?
5. What circumstances stress you the most?
6. Do you think life is more stressful now than in the past? Why/not?
7. Do you think life in general (and your life in particular) will become more or less stressful in the future?
8. Which life events (e.g. losing your job, taking an exam, starting a new job, getting married, learning to drive, etc.) do you think are the most stressful?
9. What do you do to help your family and friends when they are stressed?
10. To what extent do you agree with the following statement? 'When people say they can't handle stress they mean they can't handle responsibility'.

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Activity 5

Go to **EnglishClub.com** and click on the 'TP Homework' icon. Use the information you find there to answer the questions below.

1. In the article, how many main reasons are given for stress?
2. Approximately how many working days are lost annually in the UK alone due to stress?
3. On which day of the week are people most likely to have a heart attack at work?
4. What is the answer to the Quick Quiz?

Activity 6

'Suffering from stress: is it a global epidemic?'

If you would like to express your opinion on this subject go to **EnglishClub.com** and click on the 'TP Discussion' icon to take part in the forum discussion there.

N.B. Netiquette! PLEASE CHANGE THE DEFAULT SUBJECT LINE TO INDICATE THE OPINIONS IN YOUR POST BECAUSE IN A BUSY THREAD IT HELPS PEOPLE DECIDE WHICH POSTS TO READ!

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