

## Coping with Stress

### 9:30 – 9:45 Ice Breaker

- What was the **best** thing that happened to you this week?
- What was the **worst** thing that happened to you this week?



Describe what you see in this picture.

How is the woman feeling? Why do you think she's feeling this way?

Do you sometimes feel like this woman?

Do you know anyone who is not sometimes stressed out these days?

### 9:45 – 10:00 Dialog

Directions: Practice taking turns saying the dialog with a partner.

*A husband and wife are discussing how to manage their stress.*

Wife: This book just arrived in the mail: Manage your Stress with Pilates Exercise.

Husband: Well, it's about time it arrived!

Wife: Trying some self-help?

Husband: Yeah.

Wife: Me too. How's it working?

Husband: Well.....

Wife: You know, concerns about work, finances, or relationships are so common that they're almost impossible to avoid.

Husband: The more money I spend on stress management, the more stressed I get. And that makes me go out and buy another stupid self-help book!

Wife: I'm building quite a self-help library as well. Maybe we just like buying self-help books.

Husband: I'll never get around to reading this procrastination book. Do you want it?

Wife: Sure.

### 10:00 - 10:10 Vocabulary

*Directions: Explain and give examples of any new vocabulary. Pronounce the words with your tutor.*

1. **stress:** mental or physical strain or difficulty caused by pressure. *She is full of stress because her boss gives her too much work*
2. **be/get stressed out:** tired and worried. *I'm stressed out by my sister's drinking problem.*
3. **stressful:** causing worry and tension. *He is a policeman in a dangerous area: he leads a very stressful life.*
4. **stress management:** strategies used to control stress. *Many self-help books have been written on stress management.*
5. **self-help books:** books written about improving oneself with little or no outside aid. *I don't like going to psychologists, so I read self-help books when I have a problem.*
6. **cope:** to face difficulties and try to overcome them. *He coped with the pain of cancer and finally got well again.*
7. **feel overwhelmed:** to go beyond one's ability to control something. *The death of his best friend overwhelmed him with sadness.*
8. **unwind:** to relax. *She likes to lie down and unwind at home after a hard day's work.*
9. **focus:** (verb) to center one's attention on something or someone. *My brother was making so much noise that I couldn't focus on my homework.* (noun) attention. *I had so many things to do that I lost my focus and concentration.*
10. **relax/relaxation:** to stop being nervous, tense, stressed, angry, etc. *Why don't you stop being angry and relax for a while?*

11. **anxiety/anxious:** worried, nervously fearful. *The examination was very difficult, and he was anxious that he may have failed it.*
12. **pressure:** tension: a feeling of being pushed to do things. *The pressure of meeting deadlines in her job causes her to sleep poorly.*
13. **uptight:** temporarily tense or nervous. *She is very uptight about public speaking.*
14. **procrastination:** put off till another time. *Nothing gets done because of procrastination.*

### 10:10 - 10:40 Questions and Practice

1. Do you have any stress in your life now? What usually causes the most stress in your life?
2. What are some situations or things that **generally** cause people mild stress?
3. Do you think that the pace of life is sometimes too fast?
4. Has your computer ever crashed?
5. Have you ever forgotten your computer password? How many passwords do you have?
6. What are some examples of other technology that may be stressful?
7. Do you think that change can be stressful?
8. Do you think that making decisions can be stressful?
9. Have you ever lost your wallet or purse? How stressful was that experience?
10. Do you think that stress can be healthy – can have positive effects? Give examples.
11. Do you think that stress is unhealthy – has more negative effects? Give examples.
12. What are some common effects of stress on your body? For example, headaches, upset stomach?
13. What are some effects of stress on your mood? For example, anxiety, lack of focus?
14. What are some effects of stress on your behavior? For example, overeating, drug or alcohol abuse?
15. How do you usually manage your stress? What coping strategies work best for you?
16. Do you own any self-help books?
17. Which activities are good for relieving stress? Why or why not? Do you participate in any of the activities?