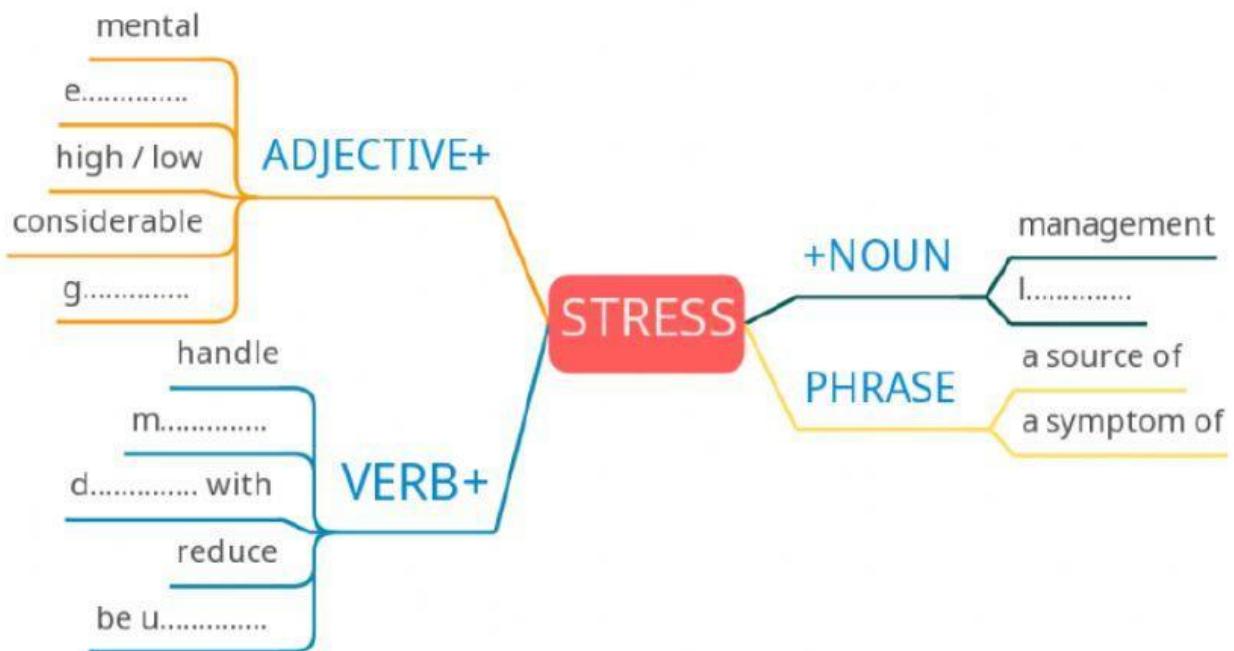


Stress management

Task 1

Complete the gaps in the mind-map



Task 2

Write 3 sentences using the collocations above:

- 1.
- 2.
- 3.

Task 3

Who is more stressed?

Work in pairs and ask your partners if they have ever...

Note their positive answers and count in the end who is more stressed.

Use Present Perfect:

E.g. Have you ever had a headache?

/have a headache that might be caused by stress?

/ feel like there's a brick in your stomach as if you've done something wrong?

/ have butterfly feelings in your stomach if you're excited?

/ have sweaty and/or trembling hands?

/ be feeling dizzy?

/ feel overwhelmed?

/ feel tired all the time?

/ have trouble concentrating?

/ be irritable and moody?

/ have problems sleeping?

/ feel sad or depressed?

Task 4

Match the words to the pictures

move in together dizzy to make comments pressure

gang humiliated reserved revision



Task 5

Match the words to the definitions

| | |
|------------------------------|--|
| 1. to encourage | a) to give confidence |
| 2. spare time | b) free time |
| 3. to get high grades | c) to get good marks |
| 4. humiliated | d) feeling ashamed or stupid as a result of somebody's words |
| 5. avoid | e) keep away from |
| 6. reserved | f) about somebody who keeps their feelings hidden |
| 7. tough | g) hard |