

1 Which of these factors produce the most stress? Rate each of them on the scale from 1 to 5 (where 5 is the most stressful). Add your own ideas.

Factor	Rating	Factor	Rating
Being responsible for people's lives		Looking after children	
Dealing with big sums of money		Making phone calls	
Working with people		Having to meet deadlines	
Doing boring, repetitive tasks		Business trips	
Learning to use new technology		Waiting for other people to do things	
Working long hours			
Your ideas:			

2 An interviewer for the radio program 'Work Today' spoke to four people in the street about stress. Listen to the interviews and answer the questions.

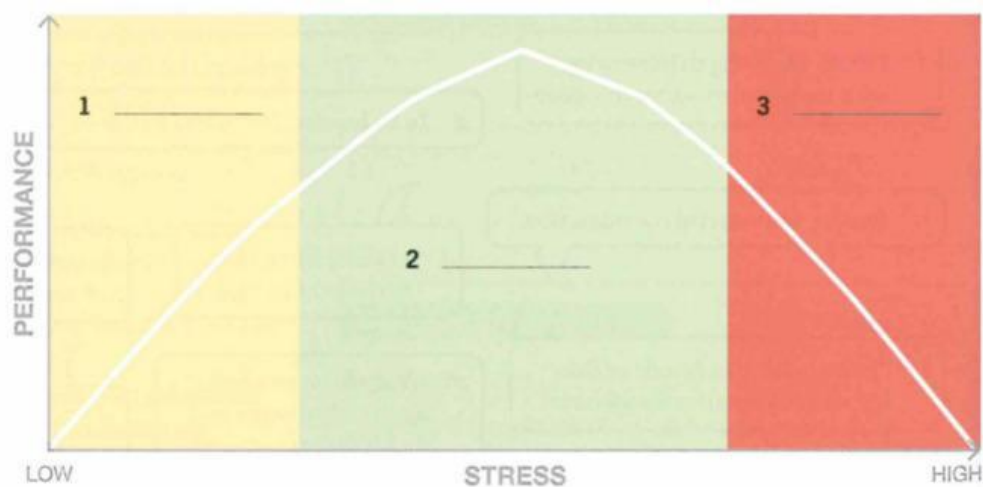
	Interview 1	Interview 2	Interview 3	Interview 4
a What does the speaker do?				
b Does the speaker suffer from stress?				
c What causes the stress, according to the speaker?				
d Does the speaker mention any of the reasons in 1? Which?				

3 The last speaker says that stress 'is more a problem of mental attitude than what you do'. Do you agree? Why / Why not?

4 Is there such a thing as too little stress?

Do you think stress is ever good, useful, or necessary? Why or why not?

5 Listen to an extract from a talk about stress management and label the three areas on the chart.



6 The speaker mentions 'the symptoms of distress' – what do you think they are? Consider the effects on the body, the mind and on behavior.

7 How do you manage your own stress? Do you have any techniques or tips that would help colleagues or team members to manage their stress?