STRESSED OUT?



A. Introduction: Which of these jobs do you think is the most stressful? Number them from least (0) to most stressful (8).

- Doctor
- Teacher
- President
- Police officer
- Lawyer
- Baby sitter
- Lorry driver
- CEO in a company

B. What situations make you feel stressed? What do you do to cope with these situations?

C. Video: Watch the video and answer the questions.

1. Is stress always bad?
2. What's the name of the "stress hormone"?
3. When does stress become a problem?
4. What's the "bucket analogy" useful for?
5. What does the bucket represent? And what does the water represent?
6. Acoording to the audio, what can cause stress?
7. Do only negative experiences affect our stress level?

D. Towards the end of the video, the speaker talks about water tamps. What are they? How do they work?
What thigs are examples of false tamps? Do you do any of these things when you are stressed?

E. Watch the video one more time and fill in the gaps.

When people experience too much stress and have difficulties _____ with it ,that stress becomes a _____. High levels of stress _____ the natural changes in our boby's _____.
Over time, _____ cna result in false FFF _____.
To measure our stress _____ we can resort to the bucket analogy.
Our stress tolerance or _____ is a product of our _____, _____ and life _____; and it's size varies from person to person.
We use the coping strategies we have available to _____ our bucket _____ overflowing. They're like _____ that allow water to drain from our bucket. With a smaller bucket less water is required for the stress level to become _____. One can't change the size of one's bucket but can make _____ to reduce the water coming in, or learn new coping strategies and stress _____. to allow water to drain out.

F. Reading: Go to the following link and read the article on an unusual anti-stress device. Can you guess what it is about?

https://www.thebubble.com/here-is-the-anti-stress-cabin-in-palermo-everyone-is-talking-about



LIVEWORKSHEETS

1. How did the device work?

2. Why was it so unusual?

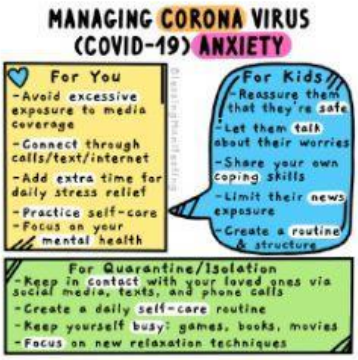
3. Has this happened before? Where?

4. What is the scientific explanations behind the experiment?

5. Why is this hormone called "love hormone"?

6. What does the editor refer to when he sais "the Paris of Latin América"?

7. What was the two-fold purpose of the anti-stress cabin?



Click here to take another look at the experiment. → https://www.instagram.com/p/BZ11SUThV0c/?utm_source=ig_embed

F. Discuss and Grammar:
Due to our current global situation more and more people find it difficult to manage their anxiety and stress levels. What can you do to help yourself during quarantine? Make suggestions to the rest of the class.

Watch a film:

Read a book:

Listeng to this song:

Join this online course:

Take up a new hobby:

Others:

***recommend* and *suggest* for advice**

We generally use either a ***gerund*** (VerbING) or a clause with ***that.*** The pattern would be:

a) Suggest / recommend that + subject + base verb
b) Suggest / recommend VerbING +....

Jack's wife **recommended drinking** tea.
The personal trainer **suggested using** the treadmill for cardio training.
The doctor **suggested that** Jack **stop** drinking coffee.
(**Not,** ...suggested him to(stop)

Rewrite the sentences. Use both ***suggest*** and ***recommend .***

1. She told me I should go to the dentist before my teeth get rotten.
a.
b.

2. "I watche a great film the other night. Watch it! I totally recommend it"
a.
b.

3. My doctor told me and my family to stay home and avoid social contact.
a.
b.

5. "On the news they're saying we should wash our hands for 20 seconds"
a.
b.

6. Experts claim that you should take a 15 minute break while you're working from home.
a.
b.

LIVEWORKSHEETS