

## STRESS: SYMPTOMS, TYPES, STRESSORS, TREATMENT, AND TIPS

**Aim:** To discuss about stress related issues

**Language function:** Giving Opinion-Advice

**Grammatical form:** Countable and uncountable nouns

**Instructions:**

**Part1:** Look at the chart below and complete the (K) and (W) columns with the information you know and want to know about stress. Do not copy information from the web. Make use of your general knowledge about the topic.

**Part2:** Go to the following link <https://www.khanacademy.org/test-prep/mcat/processing-the-environment/stress/v/stressors> and watch the short videos about stress. Take notes if necessary.

**Part3:** Go to the chart again and complete the last column with the information you understood from the videos you saw.

K (WHAT I KNOW)	W (WHAT I WANT TO KNOW)	L (WHAT I LEARNT)

**Part4:** Write a 150-word descriptive paragraph in which you describe your action plan to manage stress levels during the pandemic.