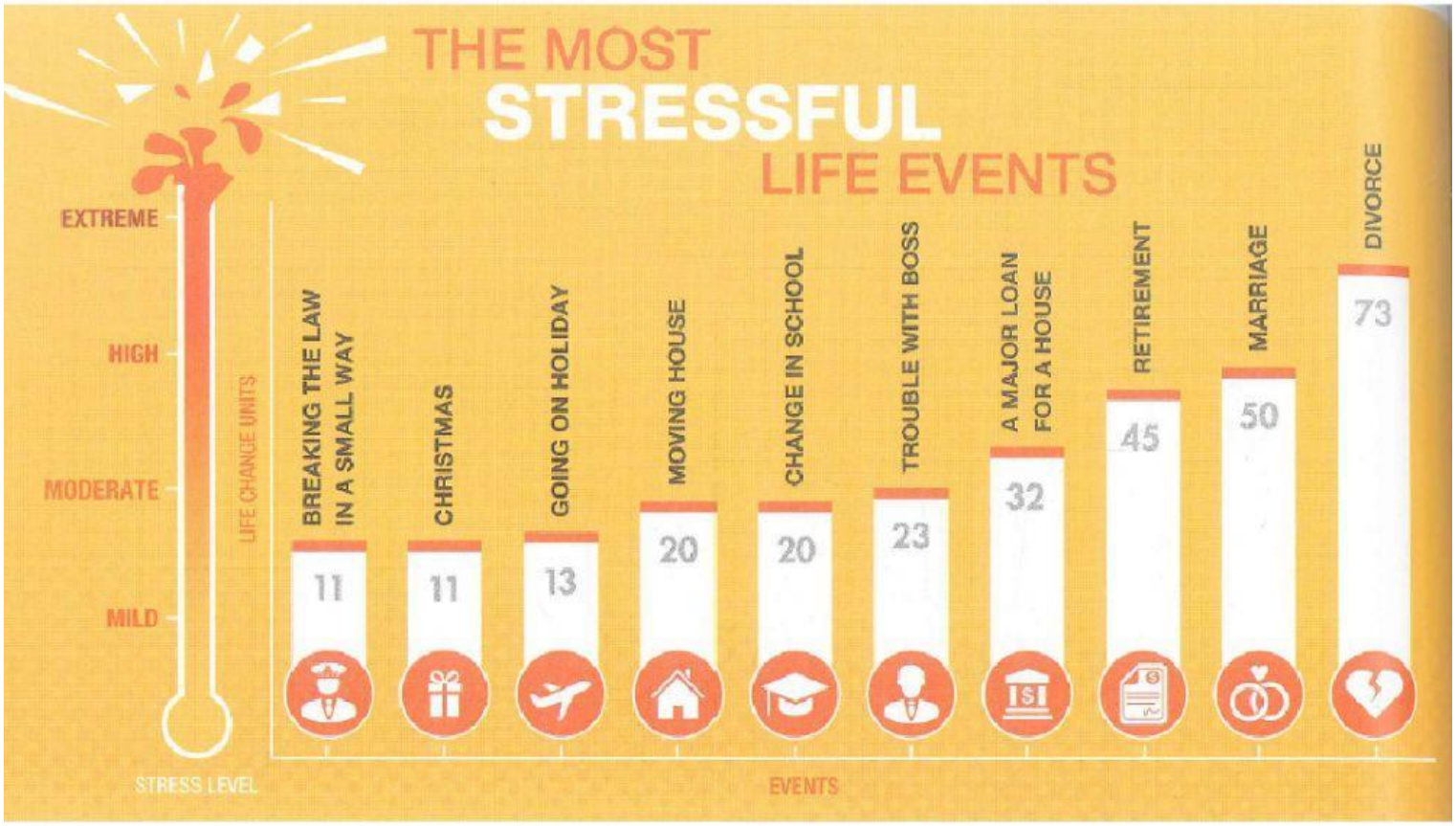
Even holidays are stressful



In a typical week, what are the top three most stressful situations you have to deal with?

Do you work well under pressure or does it **cloud your thinking**?

Do many people take time off because of stress? How is this viewed in Poland? Is it accepted or **stigmatized**?

Would you prefer a high-paid job that was very stressful, or a low-paid job **free of stress**?

What causes you to feel burnt out? When have you been **swamped**? How do you manage your **workload** to avoid stress?

How often do you have to think **on the spot**?

Do you think workplace stress affects men or women more? Why?

How do you know that someone is **stressing out**?

Have you ever experienced these **stress-related symptoms**? Do you remember what the circumstances were?

LIVEWORKSHEETS

- had a headache caused by stress?
- felt like there's **a brick in your stomach** as if you've done something wrong?
- had **stomach ulcers** or **high blood pressure**
- had **sweaty** and/or **trembling hands**?
- been **feeling dizzy**?
- felt **overwhelmed**?
- felt tired all the time?
- had trouble concentrating?
- been **irritable** and **moody**?
- had problems sleeping?
- felt sad or depressed?

How often do you get some **R&R**?
Do you **reach out to** other people when you experience stress? Does this help?
What are your top three ways to reduce stress?
Can helping people **relieve** your stress?

Watch a video and discuss

Have you ever tried **grounding** exercise to reduce stress? If not, would you like to try? Do you think it might work with you?

LIVEWORKSHEETS

"There is more to life than increasing its speed."
Mahatma Gandhi (1869–1948)

LIVEWORKSHEETS