

# 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?

- 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?

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