

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.

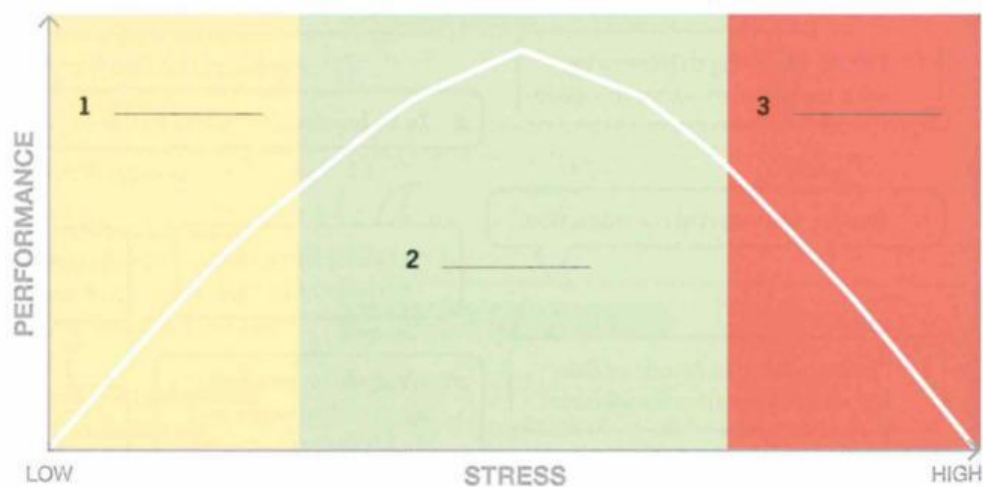
| | Interview 1 | Interview 2 | Interview 3 | Interview 4 |
|--|-------------|-------------|-------------|-------------|
| a What does the speaker do? | | | | |
| b Does the speaker suffer from stress? | | | | |
| c What causes the stress, according to the speaker? | | | | |
| d Does the speaker mention 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?