

WORKPLACE STRESS MANAGEMENT VIDEO (LISTENING COMPREHENSION)

https://www.youtube.com/watch?time_continue=1&v=6OzKD1YWHRI&feature=emb_logo

1. Match halves to create common phrases after you have watched the video.

- a. feel a great deal
- b. get stuck with
- c. get criticized
- d. have a significant impact
- e. be overworked and unable
- f. there is no
- g. possible reactions
- h. ask

- 1) too much work
- 2) to meet deadlines
- 3) of stress on the job
- 4) for a raise
- 5) to a bad situation
- 6) constantly and never praised
- 7) on your health
- 8) way to avoid stress

2. Answer the questions below.

1. What are the reasons of stress mentioned in the video?

1.

2.

3.

2. What's the impact of work-related stress on our blood pressure?

_____ % higher blood pressure and having the same high blood pressure
even after _____

3. What are three possible reactions to stress?

1.

2.

3.

4. What are the steps for dealing with stress at work?

STEP ONE

STEP TWO

STEP THREE