Stress

I suffer from stress. I know that we all in our lives can experiment a stress crisis, but I'm constantly stressed out. It is horrible to live this way, but I want to explain to you why it is so difficult for me to relax and leave stress behind. I work in a Bank. I am in charge of the finances. It is a serious job, I have to be extremely careful because if I make a minimal mistake, I can even have problems with the law. I get so stressed out at my work because I have too much pressure from my boss. I understand that he must keep an eye on everything I do, but sometimes he doesn't give me my own space. I cannot work under that kind of pressure. I need my own space to relax and do all my tasks at my rate. When I finally leave my work, I get home, I take a shower to relax, but then, here it comes another stress episode. I am a mother and a wife. I have to prepare dinner for them, help my younger child with his homework, and clean the house. Besides that, I have an adolescent. My older daughter, Diana, she's fifteen years old. She is in a very difficult stage of her life because she is influenced by many people. I want to keep her safe, so I try to talk to her, but it is almost impossible to enter into a conversation with her because she gets mad at me for no reason. This situation makes me feel stressed too. I take pills to sleep because I have problems sleeping, but that doesn't really help. The only moments where I can say I feel more relaxed are on my free days. I usually stay home or go to the park with my family. I wish I would live all my days like that.

LIVEWORKSHEETS

Questions

1. Where does she work?

2. Why is this job stressful for her?

3. Does she like to feel under pressure?

4. What does she do when she gets home?

5. What does she do to try to sleep well?

6. When does she feel more relaxed?

7. What advice would you give her to feel more relaxed?

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