

'Rest is a good thing, but boredom is its brother.'
Voltaire (1694–1778), French philosopher

Add the verbs from the box to the phrases below to create some common stressful situations.

being finding ~~going~~ having making moving shopping travelling
taking waiting

- | | |
|-----------------------------------|--------------------------|
| 1 going to the dentist | 6 house |
| 2 in a long queue | 7 an interview |
| 3 stuck in a traffic jam | 8 a speech |
| 4 a parking space | 9 by air |
| 5 with your partner/family | 10 an exam or test |

Rank these situations from 1 (most stressful) to 10 (least stressful).
Then discuss your choices.

- | | |
|--|---|
| • making a presentation to senior executives | • meeting important visitors from abroad for the first time |
| • leading a formal meeting | • asking your boss for a pay rise |
| • telephoning in English | • dealing with a customer who has a major complaint |
| • writing a report with a tight deadline | • covering for a colleague who is away |
| • negotiating a very valuable contract | • taking part in a conference call |

Match the words (1–8) to their definitions (a–h).

- | | |
|-----------------------|---|
| 1 lifestyle | a) a system where employees choose the time they start and finish work each day |
| 2 workaholic | b) a time or date by which you have to do something |
| 3 workload | c) how personally satisfied you are with the way you live and work |
| 4 deadline | d) someone who cannot stop working and has no time for anything else |
| 5 flexitime | e) the ability to give a good amount of time to your work and to outside interests, e.g. family |
| 6 work–life balance | f) the amount of work a person is expected to do |
| 7 quality of life | g) the people, things and atmosphere around you at work |
| 8 working environment | h) the way people choose to organise their lives |

LISTENING

Dealing with stress



Jessica Colling

A What are the main causes of stress at work?

B  CD1.43 Jessica Colling is Director of Marketing at Vielife, a consultancy that advises businesses on health at work. Listen to the first part of the interview and answer these questions.

- 1 What three examples are given of things that make people feel under pressure at work?
- 2 What is *resilience to stress*?

C  CD1.44 Listen to the second part. What can happen if you have to manage stress for a long time without a break?

Cross out the incorrect sentence in each pair.

- 1 a) Stress levels have increased in recent years.
b) ~~Stress levels increased in recent years.~~
- 2 a) The finance sector changed dramatically over the past five years.
b) The finance sector has changed dramatically over the past five years.
- 3 a) The risk factors for stress have risen significantly since 2009.
b) The risk factors for stress rose significantly since 2009.
- 4 a) I resigned three months ago.
b) I have resigned three months ago.
- 5 a) Have you ever been to a stress counsellor before?
b) Did you ever go to a stress counsellor before?