

MODULE 2 A STRESSED OUT

1. Match the words from the text about stress with their definitions

to tense	based on reason
shallow	hopeful, confident
rationally	healthy and nourishing
nutritious	important, necessary
essential	to take small amount of air in with each breath
positive	to tighten

2. Match the words/phrases with their meanings and fill in the table

Word bank: *over a long period of time, going crazy, time just before, judge how important something really is, important information, accept it without complaining, make a difficult situation better, uncontrollable, increases, cause you to remain alert/ready*

mounts	
run-up	
lowdown	
in a nutshell	basically
keep you on your toes	
in the long term	
out of hand	
lighten the load	
grin and bear it	
overwhelmed	unable to manage
keep things in perspective	
pulling your hair out	

3. Fill in the missing words/ word combinations

Word bank: *overwhelmed, mounts, in the long term, run-up, lowdown, pulling out her hair in a nutshell, keep you on your toes, lighten the load, keep things in perspective, out of hand, grin and bear it*

- As pressure at work _____, so does my level of stress.
- I was so excited in the _____ to Christmas.
- What's the _____ on the new generation of mobile phones?
- Global warming, _____, is the rise in the Earth's temperature.

- 5 Having regular tests at school will _____.
- 6 Saving the environment will, _____, save the human race.
- 7 The police did not let the football fans get _____.
- 8 I need a secretary to _____.
- 9 My car broke down when it was pouring with rain, but I just had to _____.

10 Graham was _____ with work and had to stay late at the office.

11 Always _____ and try not to exaggerate.

12 Polly was _____ with worry.

4. Read short exchanges and choose the correct word

1 A: You look like you've been **under/with** a lot of stress lately.

B: I have. I'm totally **losing/missing** control!

2 A: I can't **cope/face** with all this pressure.

B: **Take/keep** it easy. Things will get better.

3 A: Is there something you want to get off your **chest/mind**?

B: I've **broken/taken** up with Sue.

4 A: Let's meet on Sunday.

B: Sorry. I'm up to my **nose/eyes** in schoolwork.

5 A: Stop it. He can't **take/cope** the stress.

B: A little pressure won't **harm/ hurt**.

6 A: He's going through a really hard time.

B: I know. His parents' divorce has **caused/ brought** him great emotional stress.

7 A: This workload is **killing/dying** me.

B: Cheer up. Two more weeks and then it'll be **over/up**.

5. Read the text about beating stress and choose the correct answer to each question

I want to talk about beating stress today. You know life here in Hong Kong is very stressful so I think today's topic is very useful for everyone because we can do something about it, just to cope with the stress. So maybe you have some change(s) in your life, maybe big change and small change, but instead of being afraid, I think you should have a positive attitude and think of change as a normal part of life.

And I think maybe here in Hong Kong, the families are crowded into a very small housing space, so maybe you would sometimes argue with your family and I think trying to resolve the disagreement with people is very important because then you can build strong relationships and keep commitments you have made. For example, sometimes maybe you are feeling alone and you want to make some comfort and I think you can ask the people you trust for help is very important because if you have a bunch

of friends, they can listen to you, then you can release some stress through talking to them.

And do you know that actually I find a very funny thing that if you want to reduce some stress, you can reduce this by the word S-T-R-E-S-S, that's stress. How about, let's begin with the 'S'. Well, I think 'S' is that you can have the 'scheduling', for example, you don't have to schedule too many things in your day and if you feel you are too busy, you can cut out an activity or two. And how about the 'T' word? The 'T' word is 'treat your body well', because experts say that exercise can reduce stress and also if you eat healthy food, then your brain and your body get the nourishment they need.

And the word is 'R'...the next word is 'R' - 'R' is very important, it says 'relax'. You can do an activity you enjoy or that relaxes you, maybe you can read a good book or learn a new hobby and spend time with your pet or even you can visiting (visit) a spa and that could make a very good difference. And for me, I like to play piano when I feel stressed and sometimes I may just watch some movies that make me laugh a lot.

And the next word is 'E' - 'E' is about expectations, and I think be realistic about yourself is to be true to yourself and others. So you can just do your best and don't try to be perfect and don't expect others to be too... because that will release and reduce a lot of stress for you and the people around you. And the next word is 'S' - 'S' is, stands for 'sleep' and I really love to sleep to be honest, that's my hobby I think, because sleep...if you get a good night's sleep, then it will keep your mind and your body in shape. And experts say if you sleep more than seven hours, you will actually get tired, so don't sleep too much in the day, just sleep it when you feel enough.

And the last word is 'S' again. I always do this action, the S word is 'smile' - if you smile and have confidence, your attitude and your thoughts influence the way you see things. And if you are a negative person, you can actually learn to think in a more positive way because that makes you feel more comfortable when you are coping with the stress. Finally I think we should take action and apply these tips to your life, so everyone can beat stress.

1. The speaker says ...

- a. you should be afraid of change
- b. change is a part of everyday life

2. The speaker says ...

- a. you should avoid other people to reduce stress
- b. talking to other people helps to reduce stress

3. The speaker says ...

- a. if you have too much to do, you should reorder your day
- b. if you have too much to do, you should not do as many things in one

day

4. The speaker says ...

- a. you should reduce exercise and eat better foods
- b. you should do more exercise and eat better foods

5. The speaker says ...

- a. you should relax by doing something you enjoy
- b. you should play the piano like her

6. The speaker says ...

- a. you shouldn't expect others to be perfect
- b. you should try to be perfect

7. The speaker says ...

- a. you should try to sleep more during the day
- b. you shouldn't sleep too much at night

8. The speaker says ...

- a. if you are feeling negative this will make you smile more
- b. if you smile more you will feel more positive about things

6. Read the text and choose the right word-combination.

Enough

Do you ever find yourself feeling **1)** of having to deal with all the noise and the traffic in this city? Do you feel the stress **2)** as you're sitting in your car in horrendous traffic jams? Do you find that you don't have patience with others anymore and you **3)** easily? If you have answered YES to any or all of these questions, now is your chance to put a stop to this chaotic situation.

Don't let the traffic in our city **4)** a minute longer. Join the demonstration that's taking place on 15th May, at 10:00 am at People's Square. For those of us who just can't **5)**, now's the time to take action! United, we can make a difference!

lose your temper building up get you down
take it anymore sick and tired

7. Complete the exchanges with the verbs. Mind the tenses.

take, lose, be, break

1 A: What's wrong Amy? You look exhausted!

B: I under a lot of stress these past few months. I need a vacation.

2 A: I won't have time to study much before the exam.

B: it easy.! I'm sure you'll do fine.

3 A: Sally up with her boyfriend.

B: Really? I didn't know that.

4 A: You have to be more patient with the children.

B: I can't. I feel that I control.