

Stress management

Task 1

Warm-up

Which situations can be the most stressful?



1



2



3



4

Task 2

Vocabulary





Match the words/idioms with their definitions.

1. Stressor	a. To have a lot to do
2. To blow off steam	b. To experience a lot of mental, emotional, physical strain
3. To have a lot on your plate	c. To irritate
4. To get on one's nerves	d. A situation that causes a stress reaction
5. To be stressed out	e. To begin again, to refresh
6. To pull yourself together	f. To relieve stress
7. To turn over a new leaf	g. To calm down and behave normally

Task 3

Vocabulary discussion

Match the pictures with the phrases

1.		a. To be stressed out
2.		b. to blow off the steam
3.		c. to have a lot on a plate
4.		d. to pull yourself together
5.		e. to turn over a new leaf

Answer the questions:

1. Do you feel stressed out and why?
2. What do you do to blow off the steam?
3. Do you feel that you have a lot on the plate? Why?
4. Is it easy for you to pull yourself together?
5. What are the ways to turn over a new leaf?

Task 4

Reading

One of the most popular fears during this pandemic is the fear of unemployment. Read this text and match the tips and the people who followed them.

In general, the fear of becoming unemployed can affect your quality of life. Especially nowadays, during this pandemic, you can experience higher stress levels.

And what makes us feel not comfortable is the fact that we understand that with our current state of the economy, we may have little chance of finding a new job. Since we do not know yet when the social distancing and self-isolation will end, and what shape and content the economy will take and when we will be able to return to our offices.

And finally, we add the fear of getting sick and leaving home, and as a result, we have a “perfect” state for depression.

But we should take action. It is crucial to solving this problem. You will need to look for ways to manage your financial strain. During the coronavirus pandemic, few places are hiring now, but this does not mean that you should just sit and wait; there are steps you can take:

Here are the actions one can take when facing the fear of unemployment:

Task 4

Reading

Tip 1: Look for new opportunities. Look for new ways of making money. When you actively search for a new opportunity, it usually comes.

Tip 2: Plan your budget. You should feel the control of your finances.

Tip 3: Plan the further education. Sign up for online courses; this will be helpful for your career.

1. Alex: " I started to be more careful about my weekly expenses. I noticed that there are some unnecessary things that I am used to buying. I decided to quit buying them."

2. Mary: " I searched for some freelancing opportunities on the internet, and I was surprised that I could find some foreign clients."

3. Olga: "I found very interesting courses on the internet. I think I will take two of them"

Task 5

Match the sentence halves.

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1. Keep	a. well balanced meals
2. Accept that there are events	b. a positive attitude
3. Exercise	c. self-talk habit
4. Eat healthy,	d. rest and sleep
5. Learn to manage	e. You cannot control
6. Get enough	f. That add to your stress
7. Develop a positive	g. regularly
8. Cut out things	h. your time more effectively

Task 6

Stress management tips

*Tick those tips you decide to follow during this time.
Explain your choice.*

- Have a positive self-talk**
- Do not try to understand or predict something that is certain**
- Restrict or limit your media exposure**
- List things you are grateful for**
- Read only trustworthy sources**
- Feel prepared**
- Continue to communicate with people**
- Sleep more**

Keys:

Task 2

1d, 2f, 3a, 4c, 5b, 6g, 7e

Task 3

1b, 2d, 3e, 4c, 5a

Task 4

1 – Tip 2, 2 – Tip 1, 3 – Tip 3

Task 5

1b, 2e, 3g, 4a, 5h, 6d, 7c, 8f.