

# Stress

## Pre-Reading

### A. Warm-Up Questions

1. Discuss the quote with your classmates.  
What does "slow down" mean in this quote?
2. What do you worry about most in life?
3. What do you do to reduce stress in your life?
4. Who is the most stressed-out person you know?  
What job does this person have?
5. What does "time" have to do with stress?
6. What is *your* definition of "stress"?



*"Slow down, and everything you are chasing will come around and catch you."* —John De Paola

### B. Stressful Jobs

What are the most stressful jobs? Put these in order of *most* to *least* stressful. Compare your ratings with a partner. What other jobs are stressful?

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> doctor  | <input type="checkbox"/> truck driver        |
| <input type="checkbox"/> nurse   | <input type="checkbox"/> dentist             |
| <input type="checkbox"/> police  | <input type="checkbox"/> stay-at-home parent |
| <input type="checkbox"/> soldier | <input type="checkbox"/> zookeeper           |
| <input type="checkbox"/> teacher | <input type="checkbox"/> film director       |

### C. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- |                            |  |
|----------------------------|--|
| _____ 1. at risk           | a) to remove something                     |
| _____ 2. stressed out      | b) feeling very worried                    |
| _____ 3. take over         | c) in harm's way, vulnerable to danger     |
| _____ 4. relieve           | d) to take full control or responsibility  |
| _____ 5. make friends with | e) uncontrollable laughter                 |
| _____ 6. belly laugh       | f) viewpoint                               |
| _____ 7. take on           | g) to meet and get to know a new person    |
| _____ 8. perspective       | h) associated with one's job or occupation |
| _____ 9. work-related      | i) to accept the responsibility            |

## Reading

### 6 WAYS TO REDUCE WORK-RELATED STRESS

1. *Put your job into **perspective**.*

Do you save lives for a living? Is your own life **at risk** when you are on the job? Ask yourself these questions the next time you feel **stressed out** about work. Remind yourself that you are more likely to die by worrying about work than by working.

2. *Turn your brain off.*

Do you find yourself thinking about the same thing over and over? Tell yourself, *I have already worried about that*. Then turn on some music. Don't let your brain **take over** your body.

3. *Take a baby step.*

Worrying doesn't solve anything. Take a baby step towards **relieving** your worry, and then leave it alone. A day or hour or week later, take another baby step. The act of taking an action can really help relieve related stress.

4. *Take a laugh break.*

Laughing reduces stress. At lunchtime, watch a funny video clip or read a comic book. **Make friends with** the funniest colleague at your workplace. Stop by his or her desk regularly for a good **belly laugh**.

5. *Mind your own business.*

Don't **take on** other people's stress. When people share their worries, listen. Then forget what you heard.

6. *Make a list.*

Stress is often defined as a feeling of not having enough time. Create *To-Do* lists, and check items off as you work.

## Comprehension

Practice asking and answering the following questions with your partner. Then write the answers in complete sentences in your notebook.

- What is the primary purpose of the reading?
- Which types of jobs are implied in the first item in the reading?
- What does the reading say about laughing?
- According to the reading, what is useful for getting one's brain to stop worrying?
- Paraphrase the definition of stress provided in the text.

## Vocabulary Review

Look at the words and phrases below. Indicate whether they are synonyms or antonyms.

- make friends with / befriend \_\_\_\_\_
- work-related / occupational \_\_\_\_\_
- stressed out / anxious \_\_\_\_\_
- take on / reject \_\_\_\_\_
- perspective / viewpoint \_\_\_\_\_

## Listening Practice

Designate each corner of the wall in your classroom as one of the opinions to the right. (Tape a piece of paper to the corners.)

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Then listen to your teacher read out the following statements. Walk to the piece of paper that best describes your feeling about each statement:

1. Work-related stress increases productivity.
2. Most people can tell when I am feeling stressed out.
3. Music is one of the best stress relievers.
4. I have trouble sleeping when I am under stress.
5. I prefer to make friends with people who make me laugh.
6. Crying helps me to relieve my stress.
7. I often worry about things that I have no control over.
8. I take on the stress of my coworkers or family members.
9. People with work-related stress should quit.
10. The government should pay workers to go on stress leave if necessary.

## Discussion

1. What do people worry about besides work-related issues?
2. Is stress usually related to money?

## Role-Play

Your boss set some deadlines that you can't possibly meet. Talk to your boss about your stress level. Tell your boss that your doctor is concerned about your high blood pressure.

# Doctor's Office Poster

## A. Brainstorming

When patients have high blood pressure, doctors tell them to lower their stress. In Part B, you will create a poster for a doctor's office that offers **5 Tips for Reducing Stress in the Workplace**. Use this area to brainstorm ideas for your poster. Come up with ideas that are different from the ones in the reading. Can you find any quotes to use?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

## C. Make Your Poster

Using the text that you wrote in Part B, create your poster on a separate sheet of paper. Remember that this is a poster for workers.

## B. Writing

Write the text for your poster below.  
Make your poster in list form.

### 5 Ways to Reduce Workplace Stress

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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2. \_\_\_\_\_  
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