

Topic: Stress and Relaxation

Let's get started...

Think about the different things that cause stress in your life. Do you have a lot of stress in your life, or just a little bit of stress? When you are stressed, what types of things do you do to relax?

Background:

“Stress” is our body’s physical and emotional reaction to things that make us frightened, irritated, confused, frustrated, or excited. A lot of different things in our lives can cause stress. Sometimes our jobs are stressful. Sometimes our relationships with family and friends are stressful. Sometimes even vacations can be stressful! People reduce the stress in their lives by doing something to relax. Some people take deep breaths to relax. Some people meditate or pray to relax. Some people take a bath or call a friend. All of these activities can help reduce stress.



In pairs for 5 minutes, ask and answer these questions:

1. What are three things that cause stress in your life?
2. What are three things that you do to relax?

Share your partner’s answers with the group.



Discussion Questions:

What causes stress in your life?

How do you know when you are feeling stressed? How do you feel physically?
Emotionally?

What do you think are the most common causes of stress for people?

What are the most common causes of stress for people in your native country? In the United States?

What things cause stress for you now that did not cause stress in your native country?

In your native country, how do people deal with stress? How do people deal with stress in the United States?

What advice about stress can you give to other people who come to live in America?

How many hours do you sleep each night? How does this relate to stress?

What are some positive responses to stress? Do you do any of these?

What are some negative responses to stress? Do you do any of these?

Some people say doing these things can reduce your stress level:

- **Go to bed on time**
- **Wake up on time**
- **Meditate or pray**
- **Breathe deeply**
- **Eat healthy food**
- **Exercise**
- **Take time for yourself**
- **Laugh**

Do you do any of these things? What works best for you? What else do you do to reduce your stress level?

What is the most stressful job you can think of? What is the least stressful job you can think of?

When you are stressed, does it help you to be with other people or to be by yourself?

Can stress ever be a positive thing? Why or why not?

New words and Idioms:

Well-being, relaxation, self-care, pressure, nervous, meditation, balance, quality of life, unwind, mood, reduce, energy level, concentration, soothing, refresh, recharge, tense, comfort, overload, worry, concern, overwhelmed, simplify, to be stressed out, to be burned out, to be worried, irritate, calming, relaxing.