

# Stress and Relaxation

## Welcome to Talk Time!

How are you? How was your week?  
Discuss the idiom of the week – “burned out”



## Let's get started







- As a group, read the story below.

It's 12 noon on Thursday, December 31st. Teresa is working on an end-of-year project. She has a deadline of 5pm. She has been working hard for days but she just found a mistake in her work. Teresa feels stress. She's also hungry. She goes to the lunchroom to warm up her lunch. Several coworkers are there – eating, talking and laughing. “Hey, Teresa!” they say. “Come and join us for lunch.” Teresa says, “No thanks. I'm going to eat at my desk.” Her coworkers say, “Come and take a break, or else you'll get too stressed.” Teresa says, “I'm already stressed out! I can't rest now. After I meet my deadline, I'll take a break and really relax.”

- Discuss these questions as a group:

Which is better: to keep working hard until the project is done, or to take a break? What do you think will relieve Teresa's stress? Would you do the same as Teresa?

- Interview two people in your group. Ask, “Do you feel relaxed when you are . . .?”

Name	in a bath? 	playing sports? 	in nature? 	alone? 	with a friend? 	sleeping more? 
Kelli	No	Yes	Yes	Sometimes	Yes	No

- Take a group poll. How many people feel relaxed when...?

## Conversation skills

As we discuss, let's ask each other questions using the words *who*, *what*, *where*, *when*, *why*, and *how*. Let's also use the phrase “Tell me more.” The best questions are the questions YOU ask!

**Discussion**



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

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

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

Some people say doing the following things can reduce stress. Do you do any of these things?

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

What are some other positive responses to stress? What works best for you?

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

What advice would you give to a friend who is feeling stressed?

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

Is learning English stressful?

How do you interact with others when you are under a lot of stress? (For example, are you impatient? Are you quiet?)

Some people say that some stress is good for people, but too much stress is harmful. Do you agree or disagree? Explain. Give an example of good stress.

Some say, "Laughter is the best medicine." Do you agree or disagree? Why or why not? What makes you laugh?

**Group Reflection**

**What did you learn today? What do you want to talk about next week?**

**Challenge: Find a joke or a comic, and share it with your group next week.**