




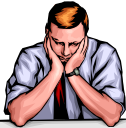

### Topic: Sources of Stress

**Keyword – Stress** - our body's physical and emotional reaction to things that make us sad, scared, angry, tired or frustrated .



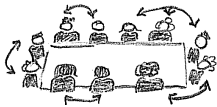
**Let's get started . . . Interview** 3 people about **stress** Write down their names. Ask them each of the questions. And then write their answers, yes or no, for each box. Ask them to explain.

"Do you feel stress when you are . . .

Name	in a crowd? 	in a long line? 	with your relatives? 	not working? 	working? 

**Group Talk** - Share something you learned about another person in the interviews.

**Group Check-in** - If you wish, share something about what's been happening in your life. Share results from the 'Keep Talking' activity and Presentations.



**Pairs or groups of three discuss -**

What are some symptoms of stress? (How do body and soul show signs of stress?) What are some symptoms of **long-term** stress?

**Story:**

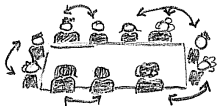
Jane felt pain in her shoulders and back. She could not sit in her chair for even 30 minutes because of the pain. She got treatment for the pain but it didn't help her.

"Why won't this pain go away?" she said to herself. One of her coworkers, Tom, advised, "Just relax. Maybe your pain is caused by stress. Look at your life and review whether there is anything that is stressful. You're a mother, a wife and a worker at the same time. Is that too much?"

"I can't quit the job or give up my family," she complained. Then he said, "I didn't mean that. You can't avoid all stress, but you can counteract its negative effects. Make a habit of relaxing to reduce stress, such as doing exercise or yoga."

"That makes sense," Jane replied. "I should try to reduce my work and take up something to help me relax."

**Group Talk** - what do you think causes Jane's pain? Do you agree with Tom? Why or why not? What advice can you give Jane?



**In pairs or groups of three discuss some of these questions.**

In your native or former country, what are some common sources of stress for . .

.....kids?

.....parents?

.....men (generally)?

.....women (generally)?

.....senior citizens?



**Change groups or pairs and discuss some of these questions.**

In the United States, what are some common sources of stress for . .

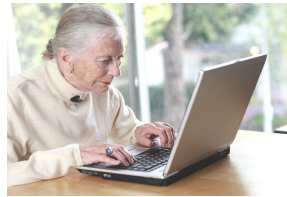
.....kids?

.....parents?

.....men (generally)?

.....women (generally)?

.....senior citizens?



**Group Talk** - Share something you learned from the people you listened to.



**Role Play:** Practice in pairs or groups and then present the role play to the group.

. . . .**For Intermediate and Advanced speakers:** Plan a role play about a stressful situation. (Example: A car accident just happened. Students play the roles of people in the cars, witnesses and a police officer.)

. . . .**For Beginning speakers:** Practice a conversation script prepared by the facilitator.

**Keep Talking** - After Talk Time, ask a coworker, friend, or store clerk: "What are some of your sources of stress?" Write down their answers and share at Talk Time next week.



**Presentation** - One or two students can prepare a 2-3 minute talk about "Stress" and present it in one or two weeks. (Optional)

**Internet:** "Are kids too busy?" - <http://www.youtube.com/watch?v=VGfXiw1AMYY>

**Special Vocabulary** - stress, symptoms, signs, long-term, advised, review, quit, give up, complained, avoid, "counteract its negative effects", habit, reduce, exercise, yoga, "That makes sense", "take up", sources, senior citizens