







Topic: Stress Relief

Keyword – Stress relief – when the stress reduces or stops, and/or you feel calm, relaxed and happy.



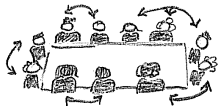
Let’s get started . . . Interview 3 people about relaxation and **stress relief**. Write down their names, ask them each question, and then write their answers for each box, yes or no. Ask them to explain.

“Do you feel stress relief (your stress goes down) when you are . . .

| Name | in a bath?  | playing sports?  | in nature?  | alone?  | with a friend?  | sleeping more?  |
|------|---|--|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |

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.



Discuss in pairs or groups of three:

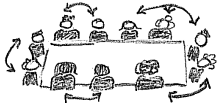
- Some people say that some stress is good for people, but too much stress is harmful. Do you agree or disagree? Explain. Give an example of good stress.
- Some say, “Laughter is the best medicine.” Do you agree or disagree? Why or why not? When other people laugh, do you start laughing too?



Story:

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 work 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.”

Group Talk – What is better - to keep working hard until the project is done? Or take a break? What do you think will relieve Teresa’s stress? Would you do the same as Teresa?



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

Would you recommend any of the following to a friend who is stressed? In what kind of situation would you give this advice ?

- .. watch a funny movie
- go to a counselor
-change your work schedule
- quit your job
-take medication (for anxiety, pain or depression)
- exercise regularly
-move back home
-other advice? _____



Change groups or pairs and discuss some of these questions.

Describe a situation (your own or someone else's) when the stress went away on its own.

Describe a stressful situation where you made changes in your life and then the stress went away or you felt better .

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 stress relief. (Example: Act out how to take care of sick kids. Then show how to relieve the stress.)

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

Keep Talking - After Talk Time, ask a coworker or friend or store clerk: "Is your job stressful? Tell me about it." Write down their answers and share at Talk Time next week.



Presentation - Assign one or two students to prepare a 2-3 minute talk about "Stress Relief" or another topic and present it in one or two weeks. (Optional)

Internet: Laugh! - http://www.youtube.com/watch?v=K_wpunvbyKA&feature=related

Special Vocabulary stress relief, calm, relaxed, harmful, laughter (laugh), deadline, mistake, lunchroom, warm up, join us, "stressed out", "meet my deadline", relieve stress, recommend, funny, counselor, quit, anxiety, depression, "went away on its own"