**BE52: Stress: Discussion and Vocabulary**

A: Add the verbs from **the box** to the phrases below to create some common stressful situations.

being finding

shopping moving

having making

going taking

waiting travelling

1 \_\_\_\_\_\_\_\_\_\_\_\_ to the dentist 2 \_\_\_\_\_\_\_\_\_\_\_\_in a long queue/line

3 \_\_\_\_\_\_\_\_\_\_\_\_ stuck in a traffic jam 4 \_\_\_\_\_\_\_\_\_\_\_\_ a parking space

5 \_\_\_\_\_\_\_\_\_\_\_\_ with your partner /family 6 \_\_\_\_\_\_\_\_\_\_\_\_ house

7\_\_\_\_\_\_\_\_\_\_\_\_ an interview 8 \_\_\_\_\_\_\_\_\_\_\_\_ a speech/presentation

9 \_\_\_\_\_\_\_\_\_\_\_\_ by air 10 \_\_\_\_\_\_\_\_\_\_\_\_ an exam or test

Which of the above situations is the most stressful for you? Can you add any others to the list?

B: What do you do to relax? Which of these activities are the most effective for you, and why?

In what other ways do you relax?

• playing a sport • reading • eating/drinking • having a bath • massage • meditating • browsing online

• gardening • walking • shopping • listening to music • watching TV • blogging • Facebook/YouTube

C: Rank these situations from 1 (most stressful) to 10 (least stressful). Then discuss your choices.

• making a presentation to senior executives • meeting important visitors from abroad for the first time

• leading a formal meeting • telephoning in English

• asking your boss for a pay rise • writing a report with a tight deadline

• dealing with a customer who has a major complaint • negotiating a very valuable contract

• covering for a colleague who is away • taking part in a conference call

**A: Vocabulary:** Match the words (1-8) to their definitions (a-h).

1 lifestyle a) a system where employees choose the time they start and finish work each day

2 workaholic b) the ability to give a good amount of time to your work and to outside interests, e.g. family

3 workload c) how personally satisfied you are with the way you live and work

4 deadline d) someone who cannot stop working and has no time for anything else

5 flexitime e) a time or date by which you have to do something

6 work-life balance f) the amount of work a person is expected to do

7 quality of life g) the people, things and atmosphere around you at work

8 working environment h) the way people choose to organise their lives

**B:** Complete each sentence with an appropriate word or phrase from Exercise A.

1 I worked until 11 o'clock at night to meet the \_\_\_\_\_\_\_\_\_\_\_ for presenting the report.

2 I work six days a week and never have a holiday. My girlfriend says I'm a \_\_\_\_\_\_\_\_\_\_\_.

3 Karl has a heavy \_\_\_\_\_\_\_\_\_\_\_ at the moment because several colleagues are off sick.

4 She gave up a highly paid job to join a meditation group in India. She's completely changed her \_\_\_\_\_\_\_\_\_\_\_

5 A \_\_\_\_\_\_\_\_\_\_\_ system can help to reduce stress levels of employees by giving them more control over their working hours.

6 If you have children, working from home may help improve your \_\_\_\_\_\_\_\_\_\_\_

7 Many people argue that technology has greatly improved our \_\_\_\_\_\_\_\_\_\_\_ and the way we feel about work. Others disagree, arguing it actually increases stress.

8 A clean, quiet, comfortable and friendly \_\_\_\_\_\_\_\_\_\_\_ can actively reduce levels of stress.

**C:** Discuss where to put the jobs in the box in the stress league on the next page. Rating is from 10 to 0: the higher the rating, the greater the pressure. Advertising executive; Architect; Banker; Diplomat; Hairdresser; Firefighter; Sales assistant

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Miner | 8.3 | Film Producer | 6.5 | Psychologist | 5.2 | Optician | 4.0 |
| Police Officer | 7.7 | \_\_\_\_\_\_\_\_\_\_\_\_ | 6.3 | \_\_\_\_\_\_\_\_\_\_\_\_ | 4.8 | Postman | 4.0 |
| Construction Worker | 7.5 | Musician | 6.3 | Farmer | 4.8 | \_\_\_\_\_\_\_\_\_\_\_\_ | 3.7 |
| Journalist | 7.5 | Teacher | 6.2 | Vet | 4.5 | Minister | 3.5 |
| Airline Pilot | 7.5 | Social worker | 6.0 | Accountant | 4.3 | Nurse | 3.3 |
| \_\_\_\_\_\_\_\_\_\_\_\_ | 7.3 | \_\_\_\_\_\_\_\_\_\_\_\_ | 5.7 | \_\_\_\_\_\_\_\_\_\_\_\_ | 4.3 | Librarian | 2.0 |
| Actor | 7.2 | Stockbroker | 5.5 | Lawyer | 4.3 | CK English Teacher | 0.0 |
| Doctor | 6.8 | Bus driver | 5.4 | \_\_\_\_\_\_\_\_\_\_\_\_ | 4.0 |  |  |

**D:** Choose three jobs from the stress league in Exercise C. What do you think makes these particular jobs stressful?.

**E:** Is your own job (or one you intend to do) included in the stress league? Do you think it is in the right place? What about the other jobs in the league? If your job is not included, where would you place it?

1 Do you like working under pressure? Why? Why not?

2 What deadlines do you have to meet in your daily life? Which are the most difficult to meet?

3 Why do people become workaholics?

4 How important is the working environment in reducing stress?