**BE53: Stress: Listening and Reading**

A: What are the main causes of stress at work?

**B: Listening:** 1.43 Jessica Colling is Director of Marketing at Vielife, a Consultancy that advises businesses on health at work. Listen to the first part of the interview and answer these questions.

1 What three examples are given of things that make people feel under pressure at work?

2 What is resilience to stress?

**C: Listening:** 1.44 Listen to the second part. What can happen if you have to manage stress for a long time without a break?



**D: Listening:** 1.44 Listen again and complete this extract.

It’s difficult to say, really, what's a \_\_*­­* \_\_\_\_ level of stress for somebody to feel at work. The problem with that is that what one person finds really ­­­­­ \_­­­­\_*­­­­­­­­­­­* \_\_\_ and it excites them to be able to do their job well, somebody else might find really, really \_\_\_ \_\_\_\_. What we do see is that actually a high level of continued \_\_\_ \_\_\_\_\_\_ can actually sometimes spill over into feelings of stress.

**E: Listening:** 1.45 Listen to the third part. What two examples are given of companies being flexible in how they expect staff to work?

**F: Listening:** 1.46 Listen to the final part. What two reasons are given for why women report higher levels of stress than men?

**G: Discuss these questions.**

1 What is a good work-life balance for you? Is it easier for men than women to be a manager?

2 Is it important to have a certain level of stress in the workplace?

**A: Reading:** Rank these countries according to those where you think business leaders feel the most stress

• Australia • China • Denmark • Finland • Greece • Mexico • Sweden • Turkey • Vietnam

B: Read the first two paragraphs of this article. Then check your answers to Exercise A.

C: Read the whole article and answer these questions.

1 What is the difference between these groups of countries in terms of reasons for high-level stress?

a) China, Vietnam, Mexico, India and Turkey

b) Ireland, Spain and Greece

2 According to Alex MacBeath, how do business leaders experience stress differently in China and Ireland?

3 What are the four major causes of workplace stress?

4 According to Alex MacBeath, what three types of pressure are there?

D: Look at this list of countries. Vietnam; Sweden; Denmark; Mexico; China; Finland

In which countries do business owners take:

1 fewer holidays?

2 more holidays?

E: Discuss these questions.

1 What are the additional pressures that business owners might have?

2 Should companies do more to reduce stress at work? What could they do?

3 How many days' holiday per year do you think people should get?