

# STRESS

**Objective:** To encourage fluency and to give students new vocabulary.

This exercise should focus on the present tense and modal verbs.

**Materials:** Quiz page

## Procedure

**Warm up:** Do the quiz with students To calculate your score, add up the figures and subtract 20. Any number greater than 30 indicates a vulnerability to stress.

You are seriously vulnerable if your score is between 50 and 75 and extremely vulnerable if it's greater 75. (*Test was developed by Boston University Medical Center psychologists Lyle Miller and Alma Dell Smith.*)

1. After doing the quiz, compare scores with other students then ask the following questions and let the students speak as much as possible. Give vocabulary as you go along.

## 2. Questions:

- a) What kind of things make you stressed?
- b) What are the symptoms of stress?
- c) Do you agree with your quiz score?
- d) Are there periods in the year when you feel more stressed?  
E.g. Christmas, New Year, going on holiday, change of seasons
- e) What do you normally do to combat stress?
- f) What would you recommend as a stress beater?
- g) Do you think we are more stressed nowadays compared to our parents at our age?
- h) Is work the most stressful thing in your life? Would you be willing to take a drop in pay just to have a less stressful life?

Score each item according to how much of the time each statement applies to you.

1 (almost always)

2 (usually)

3 (sometimes)

4 (rarely)

5 (never)

	1. I eat at least one hot, balanced meal a day
	2. I get seven to eight hours sleep at least four nights a week.
	3. I give and receive affection regularly
	4. I have at least one relative within 50 miles on whom I can rely.
	5. I exercise to the point of perspiration at least twice a week.



	6. I smoke less than half a pack of cigarettes a day.
	7. I take fewer than five alcoholic drinks a week.
	8. I am the appropriate weight for my height.
	9. I have an income adequate to meet basic expenses.
	10. I get strength from my religious beliefs.
	11. I regularly attend club or social activities.
	12. I have a network of friends and acquaintances.
	13. I have one or more friends to confide in about personal matters.
	14. I am in good health (including eyesight, hearing and teeth).



	15. I am able to speak openly about my feelings when angry or worried.
	16. I have regular conversations with the people I live with about domestic problems such as chores, money and daily living issues.
	17. I do something for fun at least once a week.
	18. I am able to organise my time effectively
	19. I drink fewer than three cups of coffee (or tea or cola drinks) a day.
	20. I take quiet time for myself during the day.



## USEFUL VOCABULARY

To relax

To put your feet up

To unwind

Stressful

To get stressed out

To get stressed over something

To chill out

To calm down

Tranquillisers

Herbal remedies

Aromatherapy

Essential oils

To take time out

To sort out problems

Hassles

Hectic

Chaotic

## PROVERBS & SAYINGS

**A healthy mind in a healthy body**

**Early to bed, early to rise, makes you healthy wealthy and wise**

**No rest for the wicked**

**All work and no play ....**