

# Stress

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## Preparation

You have received one out of six case stories. Prepare to tell your partner about it.

### Part 1 – Inform and Discuss

**A** Tell your partner about your story.

**B** Then discuss it briefly with your partner.

- What/Who is the problem causing the stress situation?
- Where/When does the stress occur? How does it show?
- What could perhaps solve the problem in this particular case?



### Part 2 – Discuss

Now discuss with your partner different aspects of stress.

#### A What causes stress in you? In other people?

Choose **three** things each. Think about factors like:

- Tests? Trouble at work?
- Quarrelling/Rows?
- Sleeping problems?
- Noise?
- Queuing?
- Overcrowded trains/buses? Traffic jams?
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## B How do our bodies react to stress? What are the effects on our daily lives?



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What do you think could be reactions to stress?

- Headaches?
- Irritability?
- Anxiety?
- Sleeplessness?
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## C How do you/other people normally handle stress?

What do you think are the most common ways of coping with stress?

- Listening to music?
- Talking to a friend?
- Drinking/smoking?
- Getting exercise?
- Trying to forget about it?
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## D Stress is not only a problem for the individual. What can society do to help?

What can be done by

- schools?
- employers?
- the government?
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