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# COPING WITH STRESS

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# Questions for discussion

What is stress?

What are some examples of things that are stressful in life?

How can stress be both positive and negative?

What causes you the most stress?

What are some ways people deal with stress?

How do you usually cope with stress?

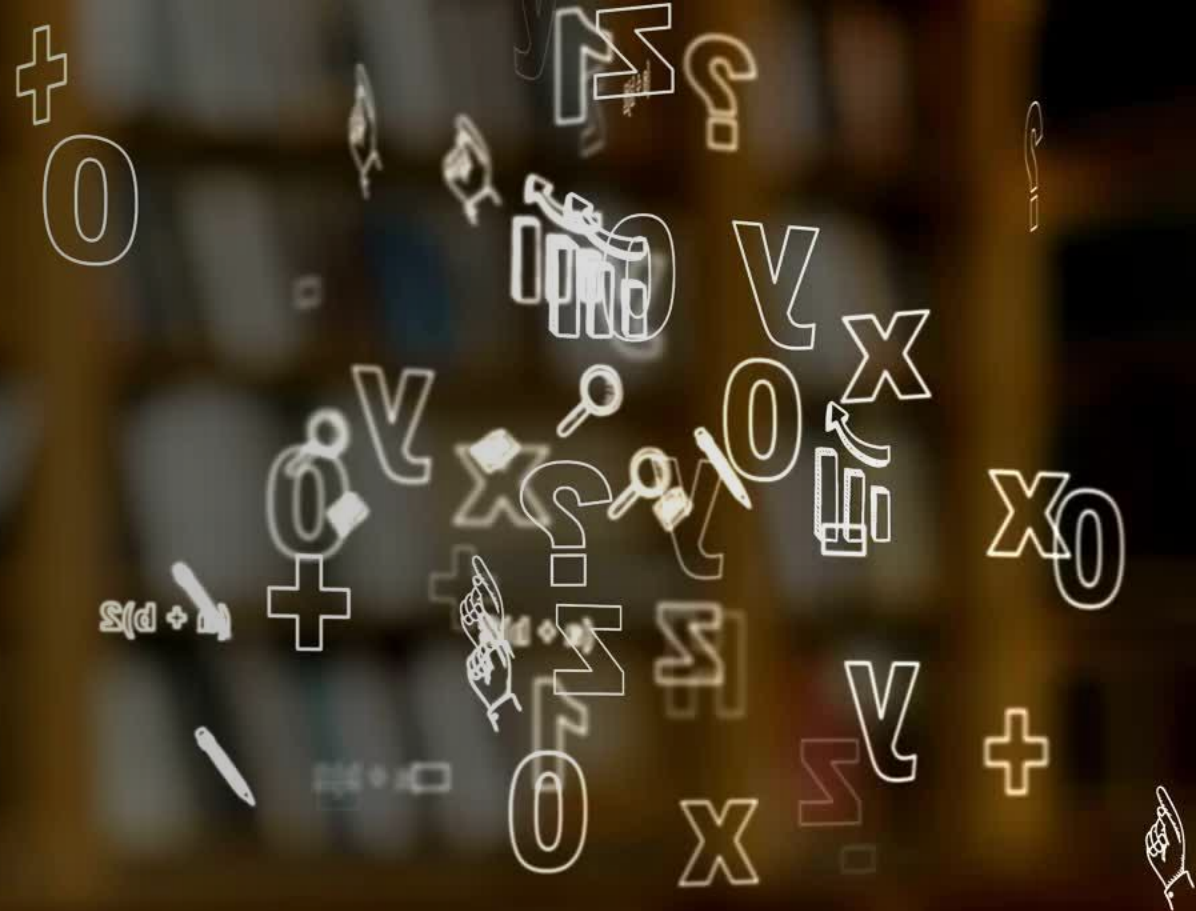
What are some unhealthy ways that people try to relieve stress?

What are some complications of stress?

What are the healthiest ways to handle stress?

What is your favorite way to de-stress?

# LEARN THE VOCABULARY





# self-contained

- A self-contained person does not have a large number of relationships with other people or does not depend on others for support:
- She's very self-contained and isn't at all worried about moving to a big city where she won't know anybody.

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# strap on hoses

- protects the high-pressure cleaner operator from danger if a hose breaks off at the connection points.



# CRAM A LEG

sudden, painful, and involuntary contractions of a leg muscle

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# sunken



seeming to have fallen further into the face, especially because of tiredness, illness, or old age:



She looked old and thin with sunken cheeks and hollow eyes.



# back out

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to decide not to do something that you had said you would do:

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You agreed to come.  
You can't back out now!



# BE (CAUGHT) BETWEEN A ROCK AND A HARD PLACE

to be in a very difficult situation and to have to  
make a hard decision



# ACUTE STRESS RESPONSE



occurs when symptoms develop due to a particularly stressful event.

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# fight or flight

- used to describe the reaction that people have to a dangerous situation, that makes them either stay and deal with it, or run away:
- a fight-or-flight response

drown  
smth

to cover or be covered,  
especially with a liquid:

A whole valley was drowned  
when the river was dammed.

disapproving He drowned his  
food in/with tomato sauce.

assess

to judge or decide the amount, value, quality, or importance of something:

The insurers will need to assess the flood damage.

# strategize

to think of a detailed plan for achieving success in situations such as war, politics, business, industry, or sport:

People gathered together in his office to strategize.

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# invade

to spoil a situation or  
quality for another  
person without thinking  
about their feelings:

Famous people often  
find their privacy is  
invaded by the press.

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# at hand

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near in time or position:

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We want to ensure that help is at hand (= easily available) for all children suffering abuse.



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# amygdala hijack

- An amygdala hijack is an emotional response that is immediate, overwhelming, and out of measure with the actual stimulus

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outcomes



a result or effect of  
an action, situation,  
etc.:

It's too early to  
predict the  
outcome of the  
meeting.

# buddying up



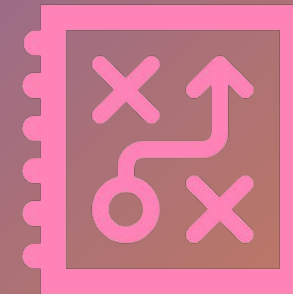
to become  
friends with  
someone:

He quickly  
buddied up with  
Jan's husband.

# game plan



a plan for achieving success:



You need to come up with a game plan, and stick to it.

# crack down

to start dealing with bad or illegal behaviour in a more severe way:

The library is cracking down on people who lose their books.

**WATCH THE  
VIDEO AND  
DISCUSS IT  
AFTER  
WATCHING**



**READING -  
IS STRESS  
GOOD FOR  
YOU?**



A close-up photograph of a campfire with several marshmallows being roasted on sticks. The fire is bright orange and yellow, and the marshmallows are white and slightly puffed. The background is dark and blurry, showing more of the fire and some sticks.

**BURNED OUT  
= EXHAUSTED  
BY TOO MUCH  
WORK**



**COPE WITH  
= DEAL  
WITH,  
HANDLE**



**BENEFICIAL**  
**= HAS A**  
**GOOD**  
**EFFECT**



**RAT RACE = (SLANG) THE  
COMPETITIVE, HIGH-PRESSURE,  
EXHAUSTING WORKING LIFE**

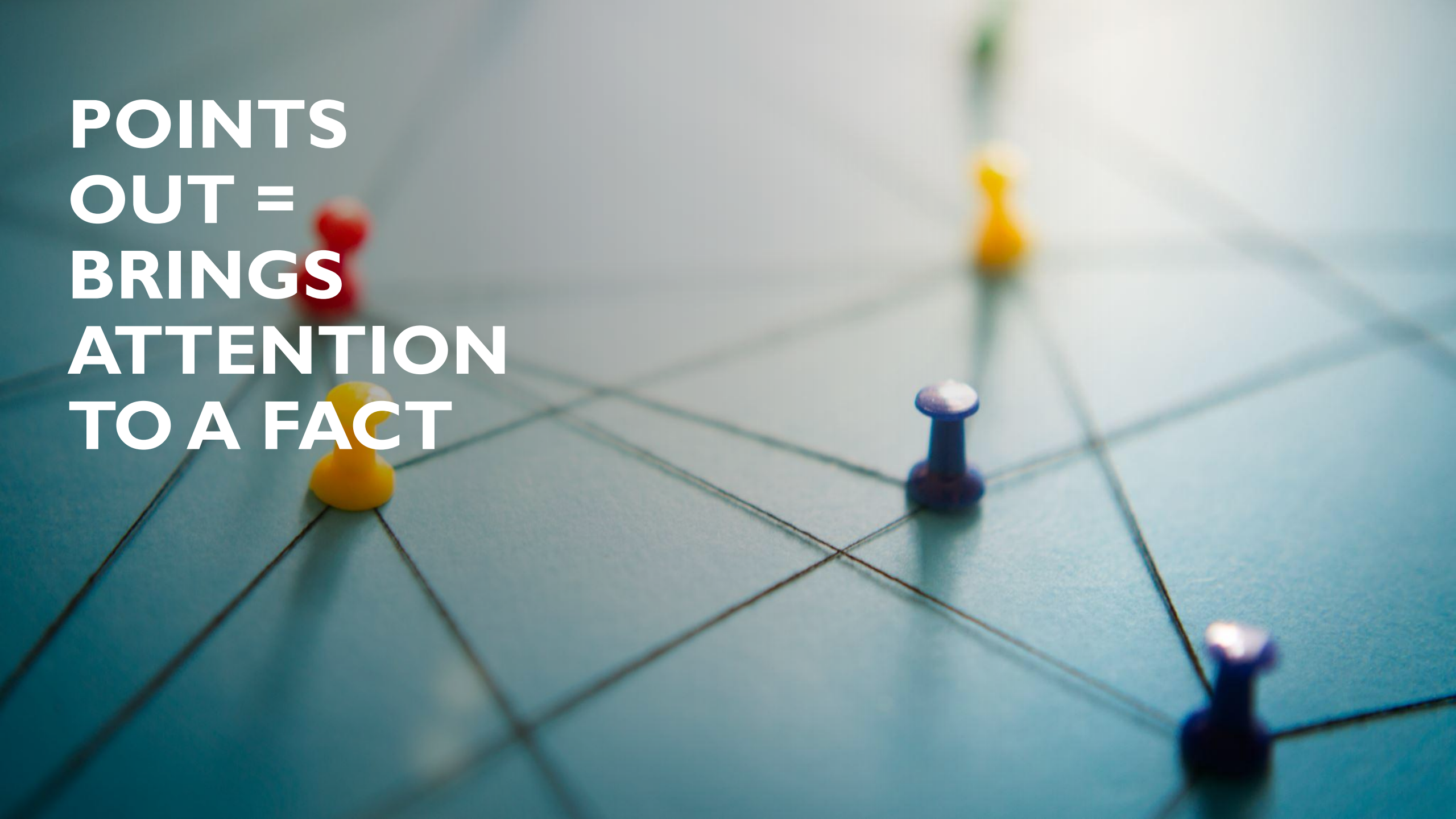
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**TRIGGERS = CAUSES**

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**POINTS  
OUT =  
BRINGS  
ATTENTION  
TO A FACT**



**SENSE OF  
ACCOMPLISHMENT  
= FEELING OF  
HAVING DONE  
SOMETHING  
IMPORTANT**



**THRIVE = TO  
BE  
SUCCESSFUL  
AND  
HAPPY**

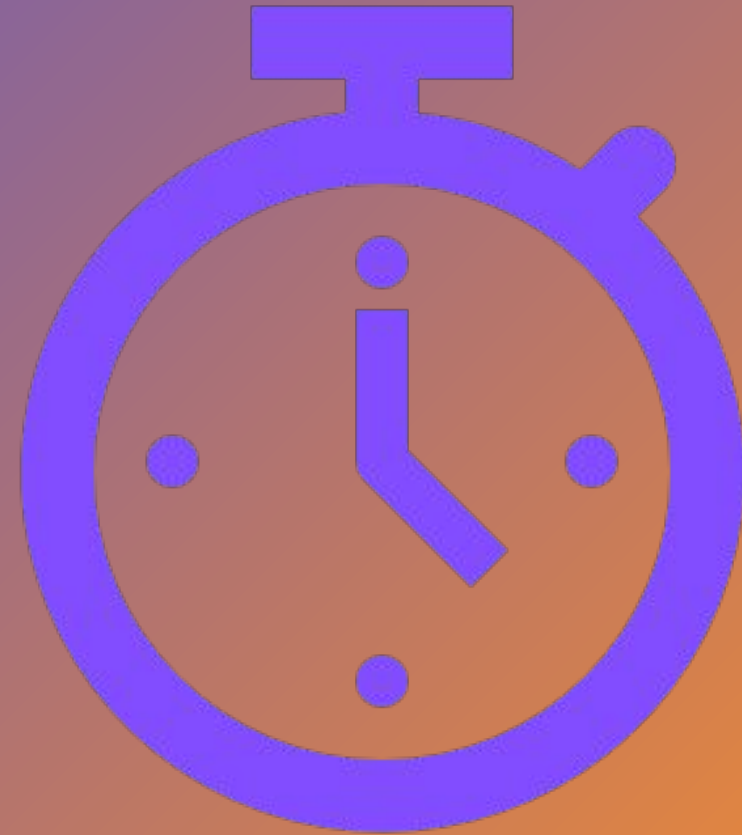


**WHEREAS**  
**= BUT**





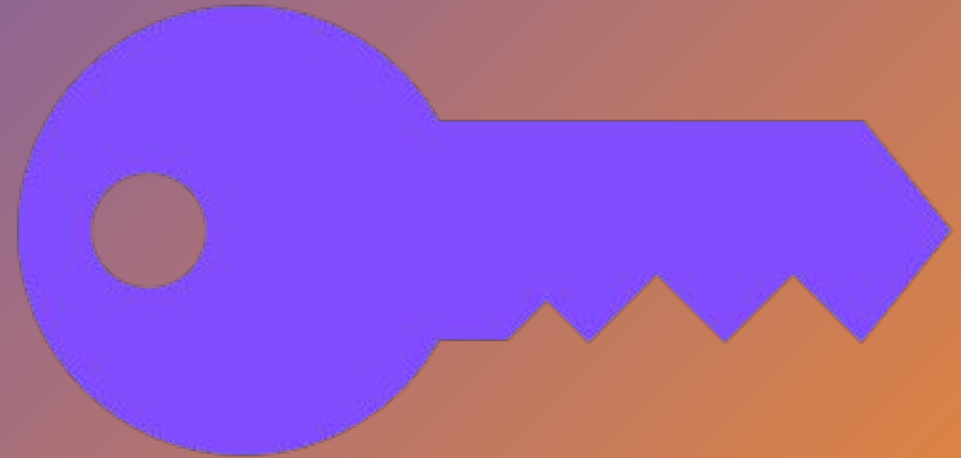
**DEMANDING =  
WITH LOTS OF  
REQUIREMENTS**



**RISK =  
DANGER**



**THE KEY TO =  
THE ESSENTIAL  
ELEMENT FOR**



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In our increasingly fast-paced and globalized world, many people feel tired, stressed, and burned out. There are many ways to cope with stress – from yoga to massages to relaxing vacations. But one American author argues that stress is in fact beneficial to our mental, emotional, and physical health.

“We’ve evolved to handle stress,” author Todd Buchholz says in his book *Rush: Why You Need and Love the Rat Race*. Brain chemistry studies show that trying something new triggers the release of dopamine, a chemical that makes us feel good. Buchholz also points out that many people enjoy their jobs. Work gives us a sense of accomplishment and increases our self-esteem, in addition to providing social interaction with colleagues.

# 2

Jeanne Rae, who works for a yoga network, takes the opposite point of view, observing that not all personality types thrive on busyness. “For some people, meditation and contemplation can help,” she says. Others suggest that stress levels are related to control. For example, high-level employees with secure and satisfying jobs may enjoy working long hours, whereas low-level workers with demanding supervisors are more likely to be unhappy.

Moderate amounts of stress have a positive effect on health, but prolonged and excessive stress has the opposite result. Research shows that people who consistently work more than 11 hours a day are at greater risk for heart disease. As in many other areas, it appears that the key to a healthy work-life balance is moderation.