

Lesson 7 - Stress & Anxieties

Learning Objectives

After this lesson, students will be able to:

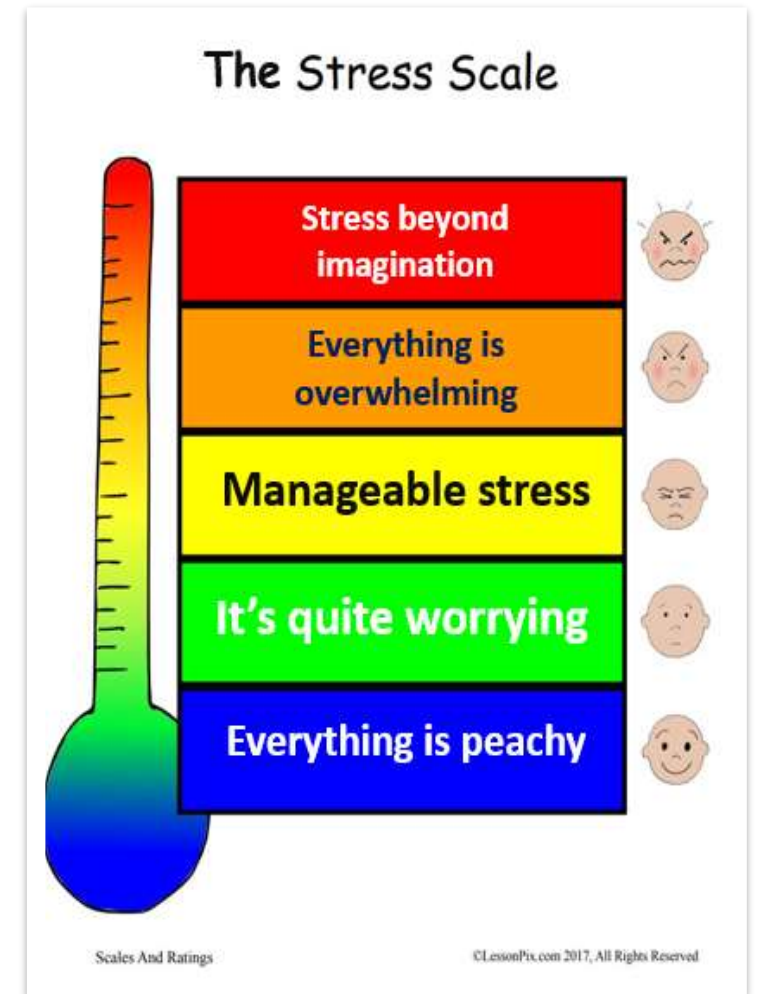
1. Justify their arguments on which job might be the least and most stressful.
2. Define “stress” and “anxiety”.
3. Identify most common stressors.
4. Discuss how holidays aren’t proven to be effective to reduce stress.
5. Infer relevant information from the provided text.
6. Categorize the damaging effects stress causes to one’s body and behaviour.
7. Explain how stress affects one’s brain.
8. Employ and place adverbs in sentences correctly.
9. Recognize varying definitions of the word “stress”.
10. Enunciate complicated sounding sentences correctly.

Lesson 7. Stress & Anxieties

How stressful could these jobs possibly be?

Jobs can make us stressed, rank these following occupations in order of how stressful you think they are. Provide reasons.

| |
|---------------------|
| Doctor |
| Fire-fighter |
| Miner |
| Police officer |
| Mother |
| Computer programmer |



Lesson 7. Stress & Anxieties

In A Nutshell

We generally use the word "**stress**" when we feel everything seems to have become too much because we feel overloaded and wonder whether we really can cope with the pressures placed upon us. And "**anxiety**" is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. However, stress and anxiety are not always bad because they can help you overcome a challenge or dangerous situation. Stress and anxiety can be of advantage to our body because they ensure whether a person is alert, focused, and ready to deal with a threat.

Ponder this!

How dangerous do you think stress or anxiety is?



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Complete these sentences below with its correct vocabulary on the right

1. The _____ was unbearable as we waited for our exam results.
 2. Credit card debt is a major _____ in Donna's life.
 3. Alma finds a long luxurious bath after work to be really _____.
 4. He suffers from nightmares, _____ and survivor's guilt.
 5. Reggie gave into _____ and began to bully others on the playground because that's what others were doing.
 6. Don't _____ yourself _____ over today's meeting. It's not worth it. Trust me.
 7. She feels _____ and depressed.
 8. A glass of wine in the evening helps me to _____ after work.
 9. A _____ is a doctor with special training in treating mental illness.
 10. A _____ is someone who studies the mind and emotions and their relationship to behavior.
 11. Eating is my favorite stress _____.
 12. A _____ : How do you _____ yourself after a long hard day at work?
B _____ : Me? I just take a long shower and eat pizza.
- a) stressor
 - b) panic attack
 - c) soothing
 - d) unwind
 - e) psychologist
 - f) psychiatrist
 - g) tension
 - h) coping mechanism
 - i) peer pressure
 - j) stress out
 - k) soothe
 - l) anxious

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What are the top 8 biggest causes of stress?

Read each provided explanation and pair it with its matching headline

1. _____ - Even if the death is anticipated, such as with a prolonged illness, those who lost their loved ones can experience extreme stress.
2. _____ - People who are sexually, psychologically, and/or physically abused, or who have been abandoned while young, may carry these stresses into adulthood.
3. _____ - The end of one's marriage can induce a great amount of stress as a divorce usually leads to a whole lot of other problems.
4. _____ - Although this is easily understood as a stress factor, bankruptcy and mortgage foreclosures seem to increase the human stress level even more.
5. _____ - Those who are employed may find their work, hours or co-workers to be stressful, while those who are not employed find their circumstances without income and the job searching process also cause stress.
6. _____ - The medical crisis or being ill, escalating medical costs, terminal illness, becoming incapacitated, not having medical insurance, and not having access to medical services all contribute to causing stress.
7. _____ - People who live in war zones, crime infested areas, and in isolated communities can experience daily stressors that accumulate over time, while others who are victims of personally invasive crimes, such as cyber bullying and identity theft, are also at risk for high stress levels.
8. _____ - If there are troubling issues with family, extended family, partnerships, friends, children, or lovers, these are all large contributors to stress levels.

- a) Financial issues
- b) Childhood trauma
- c) Grief caused by a death
- d) Employment issues
- e) Marital separation problems
- f) Health issues
- g) Danger and fear/insecurity issues
- h) Personal relationship issues

Lesson 7. Stress & Anxieties

Read this text below and study the highlighted words.

A new report reveals that going on summer holiday may be more stressful than working. The study, by the UK's Institute of Leadership and Management (ILM), questioned 2,500 of its members about attitudes towards long summer breaks. It found forty percent of managers do not come back from a holiday feeling relaxed. A worrying finding was that many workers came back from a holiday feeling more stressed than when they left. Many in lower- and upper-management positions actually work while they are on vacation. The researchers discovered that 80 percent of those surveyed answer work-related e-mails, while around 50 percent make and take business-related phone calls and 10 percent go into the office.

Over 90 percent of managers are generally worried about returning to hundreds of e-mails. Information technology and the weakened global economy are the main causes of managers being unable to **de-stress** while on holiday. Penny de Valk, chief executive of the ILM, said: "Gone are the days when people **cut-off** contact with work for a **fortnight** over the summer and made a complete break. While technology means that it is easier than ever to **work remotely**, it also makes it extremely hard to **switch-off**. Uncertain economic times also mean that many UK employees are **keeping one eye on their job at all times**, when what they really need is time away from the office to rest and re-energize." The study also revealed that on average, it takes two days and seventeen hours into a holiday to totally **unwind**. Ten percent of managers said it **took them up to a week** to fully get into holiday mode.

True Or False?

1. New research shows it is less stressful to go on holidays.
2. Around four in ten managers do not find holidays relaxing.
3. Very few managers answer e-mails while they are on vacation.
4. Hundreds of managers worry about returning to ninety e-mails.
5. Long flights and packing suitcases are the biggest causes of stress.
6. The article says it is harder for people to totally disconnect for 2 weeks.
7. Many British workers worry about job security while on holiday.
8. It takes the average worker over 48 hours to get into holiday mode.



Share **your** thoughts

1. **How stressed does your work/job make you?**
2. **Which aspects of your job usually stress you out?**
3. **Do you find vacation/holiday to be effective to recharge your energy?**
4. **When was the last time you took some time for yourself to just unwind and forget about your job for a moment? Did it work? Describe how effective it was.**

Lesson 7. Stress & Anxieties

Which category do these following effects fall under? Put these following effects under the correct category.

EFFECT ON YOUR BODY

EFFECT ON YOUR BEHAVIOR

EFFECT ON YOUR THOUGHTS AND FEELINGS



Restlessness



Headache



Frequent crying



Drug abuse



Eating too much



Stomach cramps



Feeling despair



Nail biting



Anger

Lesson 7. Stress & Anxieties



Listening 7.1

Listen to the recording carefully and answer these questions below

1. *Are you sleeping _____?
*Feeling _____ or _____?
*Feeling _____ and _____?
2. How can stress be a positive thing according to the recording? Give examples.
3. Under what circumstance does stress begin to affect our brain?
4. Amygdala is our brain _____.
5. What kind of damage can cortisol do to our brain?
6. What does chronic stress have to do with mental problems?
7. According to the experiment explained in the recording, what does a nurturing mother rat have to do with the stress response of its pup?
8. What can we do to reverse the negative effects cortisol caused to our brain? Explain how those things better the condition of our brain.

Lesson 7. Stress & Anxieties

- ❖ The position of adverbs in sentences
We can put adverbs in different positions in sentences.
There are three main positions however there are also a lot of exceptions.
In English we **never** put an **adverb** between the **verb** and the **object**.
Correct : We **often** feel anxiety.
Incorrect : ~~We feel often anxiety.~~
- ❖ The three main positions of adverbs in English sentences
 - **Adverb at the beginning of a sentence**
Unfortunately, I could not see my therapist today.
 - **Adverb in the middle of a sentence**
Teenagers **rarely** feel severe depression.
 - **Adverb at the end of a sentence**
Andy meditates **every afternoon**.
- ❖ More than one adverb at the end of a sentence
If there are more adverbs at the end of a sentence, the word order is normally:
Adverbs of manner – **adverbs of place** – **adverbs of time**
Peter meditated **peacefully in his gazebo yesterday evening**.

MORE EXAMPLES:

- I **sometimes** fill my emotions journal before bed
- **Sometimes**, I fill my emotions journal before bed
- I fill my emotions journal before bed **sometimes**
- **Soon**, Rian will be finished with his therapy for anxiety disorders
- Rian will soon be finished with his therapy for anxiety disorders
- Rian will be finished with his therapy for anxiety disorders **soon**
- Tiana **was feeling** anxious again yesterday
- **Yesterday**, Tiana was feeling anxious again
- Anton **surprisingly** responds well to his treatment for anxiety
- **Surprisingly**, Anton responds well to his treatment for anxiety

Lesson 7. Stress & Anxieties

Find ideas on how to manage stress based on this provided illustration. Employ an adverb in your ideas and place the adverb correctly. Examples have been provided.

I **regularly** schedule my activities for the next week **every Sunday evening** so I don't get overwhelmed by them



I **usually** go on a picnic **at the park near my house**. And I would just sit **there, in front of the lake** staring at the swans **for hours** to relax

ADVERBS

An **adverb** describes a verb, an adjective or another adverb. It tells us how, where, when, how much and with what frequency.

An adverb can tell...

| HOW? | WHERE? | WHEN? | HOW MUCH? | HOW OFTEN? |
|-------------|------------|------------|------------|--------------|
| quietly | above | now | quite | always |
| peacefully | abroad | yesterday | fairly | sometimes |
| carefully | far | soon | too | often |
| slowly | away | later | enormously | frequently |
| badly | back | tomorrow | entirely | normally |
| closely | here | yet | very | generally |
| easily | outside | already | extremely | usually |
| well | backwards | tonight | rather | occasionally |
| fast | behind | today | almost | seldom |
| quickly | below | then | absolutely | rarely |
| cheerfully | down | last month | just | hardly ever |
| efficiently | indoors | last year | barely | never |
| painfully | downstairs | | completely | |
| secretly | inside | | enough | |
| | nearby | | deeply | |
| | there | | enormously | |
| | towards | | fully | |

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**Pay attention to the picture on the left.
What is the picture about?**

1. Describe its content, discuss the degree of the effectiveness of each point with your teacher.
2. Relate each point with your daily life/habits.
3. Which of those 6 points will work best for you? Provide reasons.

Lesson 7. Stress & Anxieties

What do the underlined words and phrases mean in the following sentences?

1. Underline the stressed syllable in the following words:
 - a. necessary
 - b. computer
 - c. magazine
2. She's working much too hard and the stress is beginning to show.
3. Nowadays many people lay a lot of stress on looking good.
4. Most primary schools stress the importance of learning the three 'R's.
5. He felt very stressed the day before the exam.
6. Planes are built to withstand different types of stress.
7. Which of the following sentences has the stress pattern O o o O?
 - a. She can swim
 - b. Where do you live?
 - c. Don't go!
 - a. Relative emphasis or prominence given to a certain syllable in a word or to a certain word in a phrase or sentence.
 - b. Great worry caused by a difficult situation, or something that causes this condition.
 - c. Special importance/emphasis/priority that is given to something.
 - d. To give special importance or emphasis to something (Putting special importance/priority on something).
 - e. A physical force that acts in a way that often changes the shape of an object.
 - f. Being worried and unhappy because you have too much work or too many problems to deal with.
 - g. Syllables that are pronounced with more force/emphasis.

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| Idioms related to stress and anxieties | Examples |
|--|---|
| <p>Bare your soul to (someone)</p> <ul style="list-style-type: none">Revealing your innermost thoughts and feelings to them | <p>Mike couldn't keep things to himself any longer. He decided to bare his soul to his friend.</p> |
| <p>Bear the brunt</p> <ul style="list-style-type: none">The one who suffers the most when something bad or unpleasant happens | <p>When things go wrong, his assistant always has to bear the brunt of his anger.</p> |
| <p>Have a lot on your plate</p> <ul style="list-style-type: none">Having a lot to do that can cause stress and make you angry for the slightest thing | <p>Martin's job as the head of the hospital makes him have a lot on his plate all the time.</p> |
| <p>Bundle of nerves</p> <ul style="list-style-type: none">Someone is very nervous, tense or worried | <p>My son is doing his driving test today. Needless to say he's a bundle of nerves.</p> |
| <p>Be at your wits' end</p> <ul style="list-style-type: none">Being anxious or worried about something and do not know what to do | <p>When her son dropped out of school for the second time, Susan was at her wits' end.</p> |

Lesson 7. Stress & Anxieties

Express Yourself

1. What was the most stressful time of your life?
2. How do you interact with others when you are under a lot of stress?
3. When do you usually feel most stressed?
4. Do you think stress can be avoided?
5. Are there particular situations that you find most stressful?
6. Do you suffer from stress when you have too much work to do?
7. How do you usually relieve stress?
8. How do you know when you are suffering from stress? What are the symptoms?
9. What's your favorite way to cope with stress?
10. Have you ever tried acupuncture, massage, hypnotherapy, etc. to help you to cope with stress?
 - How helpful was it? (if you have)
 - How helpful do you think it would be? (if you haven't)
11. What do you think you can do to help those who are experiencing anxiety/agitation?

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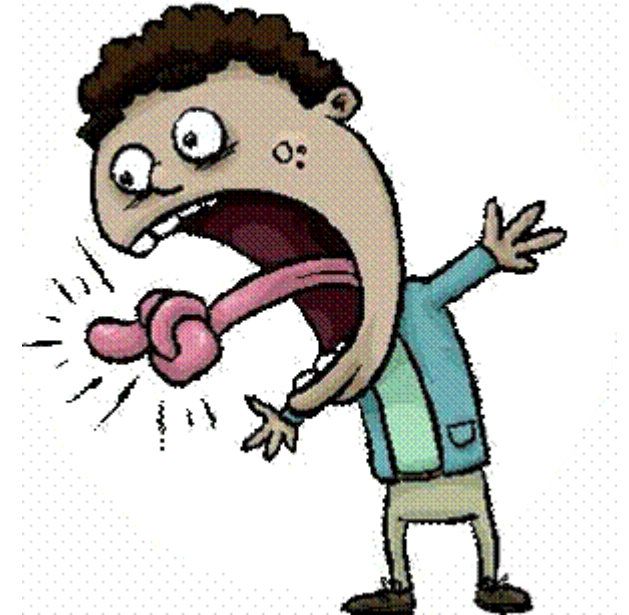
How good are you at tongue twisters?

Cheap ship trip.

The boot black bought the black boot back.

Please pay promptly.

They have left the thrift shop, and lost both their theatre tickets and the volume of valuable licenses and coupons for free theatrical frills and thrills.



THE END