

PART 1. CONVERSATION QUESTIONS: Advertising

- Do you buy products because of advertising? Why or why not?
- Describe an advertisement that you have seen or heard on the TV or radio. What was it about? How long did the commercial last? Did it make you want to buy the product?

PART 2.

Don't 'Lose Sleep' Over Work with These Phrases

Exercise 1

Warm-up

Have a short conversation based on the questions below.

1. Can you think of a time when work made you really stressed? What happened?
2. If you could do anything and get paid for it, what would it be?

Exercise 2

Vocabulary

1. massive

Adjective

'mæsɪv

extremely large

The line for the drive-thru is **massive**!

2. annoyed

Adjective

ə'noɪd

upset or slightly angry

My sister gets **annoyed** easily and often yells at me.

3.tear

Verb

ter

to remove by pulling

We had to **tear** up the carpet in the living room after it was damaged in the flood.

4.control

Noun

kən'trɒl

the power to decide or affect how something is done, how someone behaves, etc.

The Democratic Party took **control** of the House of Representatives in the 2018 midterm elections.

5.break down

Phrasal Verb

breɪk daʊn

to lose control of one's feelings

She **broke down** in tears during the press conference.

Exercise 3

Reading Practice

Take turns reading each paragraph

Don't 'Lose Sleep' Over Work with These Phrases

Even if you love your job, you probably get stressed out sometimes. Maybe you've had to finish a **massive** project without a lot of time, or had a task that was too difficult to do alone. Here's some vocabulary to help you talk about your work stress!

We all know that stress can make you think about a problem so much that you can't sleep at night. So if you're very worried about something — like an important interview or meeting — you might say you are "**losing sleep over it.**"

The phrase, "**Don't lose sleep over it**" is also a common way to say, "**Don't worry about it.**"

When you have a problem at work and just don't know what to do, you could say you are "**at a loss.**" And when not being able to find a solution starts to make you really **annoyed**, it might make you feel like you want to "**tear your hair out.**"

If a problem continues for too long, you could find yourself at a "**breaking point.**" This is when you no longer feel like you have **control** over a situation or how you feel — and you are going to "**break down**" because of the stress. When that happens, it's really important to ask for help!

You should care about your work, of course, but it's not a good idea to "**run yourself into the ground.**" That means to make yourself really tired by doing too much work. When you're tired, mistakes happen more often, giving you even more problems to lose sleep over!

Exercise 4

Fill in the Blanks

Fill in the blanks to complete the sentences.

1. I've tried everything I can think of to fix the issue and I'm completely ____.
2. Karen always forgets to turn her computer off before she leaves at the end of the day. It makes me want to ____!
3. I know things are stressful at work right now, but try not to ____.
4. John had to take a vacation because he was reaching his ____ with the job.
5. Dan is extremely passionate about his job but tends to ____.

6. Matt ___ in tears after realizing he deleted the entire document by mistake.

Exercise 5

Discussion

1. What are the most stressful aspects of your work?
2. When was the last time your team reached breaking point with a problem?
3. Who do you find most helpful at work when you're at a loss?
4. Do you know anyone who tends to run themselves into the ground?
5. Which of your friends and family has the most stressful job?
6. Do you have any complaints about your workload?
7. Is there anyone at your workplace you'd describe as a workaholic?