

Dealing With Stress

Discussion

How are you doing?

I am great, I had a great sleep.

What are your plans for today?

It's a normal working day.

There aren't any changes.

How about the weather?

My city's temperature is about 23 degrees Celsius.

It's a cloudy day.

It's very early in Serbia. I have been in Serbia for more than a year.

I am not in Thailand.

I live in Serbia.

It's very early, it is 1 am.

I slept for 7 hours and woke up at midnight.

I have been used to this schedule, I have been doing it for a long time.

This schedule is not good.

It's not ideal.

It's like this because of the time difference.

I have been in Thailand three times, and I spent 3 months each time, so in total about nine months.

Serbia is in eastern Europe.

We have about 8 million people.

I live in a small city, called Sombor.

How far is Serbia from France

If I fly from Belgrade(capital city of Serbia) to Paris(capital city of France), the distance is about 1500 km.

In Serbia we have our own language Serbian. It belongs to a different family.

We learn Serbian, English, and usually in high school(German or French).

Especially if you count programming languages.

Do you want to learn more foreign languages?

I just learn English.

I have been able to learn coding because I learned English first.

I still feel that I learned a lot from people from all over the world, by reading books, watching lessons on the Internet...

I didn't make so many foreign friends.

If I had a chance to study in the USA, I would probably have made some friends there.

Where have you been?

Hungary is very close.

Budapest is about 250 km from my city.

Every country in Europe is special and unique.

How do you manage your emotions?

I keep stable emotions.

How do you do it?

I shouldn't bring negative emotions from work to my family.

How do you get rid of your bad emotions?

I have a habit after work, I usually go to the gym. This experience can help me release bad emotion.

Exercising is a great way to get rid of bad emotions.

What physical effects can stress have on your body?

Becoming bad tempered because of stress, is mental change, not physical.

e.g. Physical change could be sweating, shaking hands, headache, redness in face, swelling, etc.

There aren't any physical changes when it comes to me, I only become bad tempered.

This is a useful way, when it comes to reducing stress.

You need to go to the bank to activate your card.

When does stress come up?

As things that we do become too much to manage, the stress comes up.

Fight-flight-freeze

When something dangerous happens, you can do three things:

1. You can fight with the bad thing. 1. You run away(flight) 1. Or you can just stop and not do anything

You walk in a forest and you see a wolf.

You can fight with the wolf, you can run away, or just freeze.

I don't have any experience with teaching IELTSs. I have been teaching for five years.

I don't think there is problem in teaching for IELTSs, you just follow a course book that is designed to prepare a student for it.

Vocabulary

New Words

1. demand(verb)
2. response(noun)
3. regular(adj.)
4. arrangement(noun)
5. threat(noun)
6. predator(noun) e.g. Wolf hunts other animals in woods, it is a predator.
7. activate(verb) e.g. Activate the safety device.(make it start working)
8. dimension(noun) e.g. I really to experience cultural dimension when I travel to a foreign country.

Useful Words

1. hurricane(noun):natural disaster, a very powerful wind that comes from the ocean.
2. mammals(noun):group of animals, whose offsprings are born alive, and drink mother's milk.(humans, whales, wolves, deer, dogs, etc.)
3. culture(noun)
4. cultural(adj.):related to culture.
5. insomnia(noun):inability of falling a sleep. e.g. Stress can cause insomnia.

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