

UNIT 21. LESSON 35

Get ready!

Task 1. Before you read the passage, talk about these questions.

1. What are some common causes of stress?
2. How does the body respond to stress?

Active words: stressor, life events, alarm, persists, resistance, exhaustion, perceive, primary, appraisal, secondary appraisal, cope.

VOCABULARY

Task 2. Listen to new words and phrases then copy out them.

stressor [stresə] – stress sababchisi, qattiq hayajonga soluvchi, ruhiy zarba beruvchi omil / стресс-фактор, стрессор, фактор стресса (*любое явление, вызывающее стрессовое состояние; напр., потеря близкого человека, смена работы, трудности на работе, переезд и т. д.*)

life [laɪf] – hayot, turmush, umr, hayot tarzi / жизнь; существование

event [ɪ'vent] – voqea, hodisa / событие; происшествие, случай

alarm [ə'la:m] – trevoga, trevoga signalı / тревога, сигнал тревоги

persist [pə'sist] – o‘jar, qaysar (–lik qilmoq) / упорствовать, настойчиво, упорно продолжать

resistance [ri'zist(ə)n(t)s] – qarshilik ko‘rsatish, qarshi harakat / сопротивление; отпор, противодействие

exhaustion [ɪg'zɔ:sf(ə)n] – qattiq holdan toyish, horg‘inlik, darmon qurishi / изнеможение, истощение

perceive [pə'si:v] – tushunmoq, anglamoq / воспринимать, понимать, осознавать

primary [praɪm(ə)rɪ] – dastlabki, birinchi darajali, muhim / что-л, имеющее первостепенное значение; главное, основное

appraisal [ə'preɪz(ə)l] – baho, fikr, narx; baholamoq, narx qo‘ymoq / оценка, определение ценности

secondary appraisal [sek(ə)nd(ə)rɪ ə'preɪz(ə)l] – ikkilamchi baho / вторичная оценка

cope [kəʊp] – eplamoq, uddasidan chiqmoq, yengmoq, bas kelmoq / справиться; выдержать, совладать

Task 3. Match the words or phrases (1 -8) with the definitions (A-H).

1 __ stressor

5 __ perceive

2 __ alarm

6 __ cope

3 __ resistance

7 __ life event

4 __ exhaustion

8 __ primary appraisal

- A** an important occurrence in a person's life
- B** something that causes a person to feel stress
- C** the first evaluation of a stressor, including how stressful it is
- D** to see or notice something
- E** a stage of stress response when energy levels are heightened
- F** to manage a negative situation
- G** a stage of stress response when energy levels start to drop
- H** a stage of stress response when the body is extremely tired

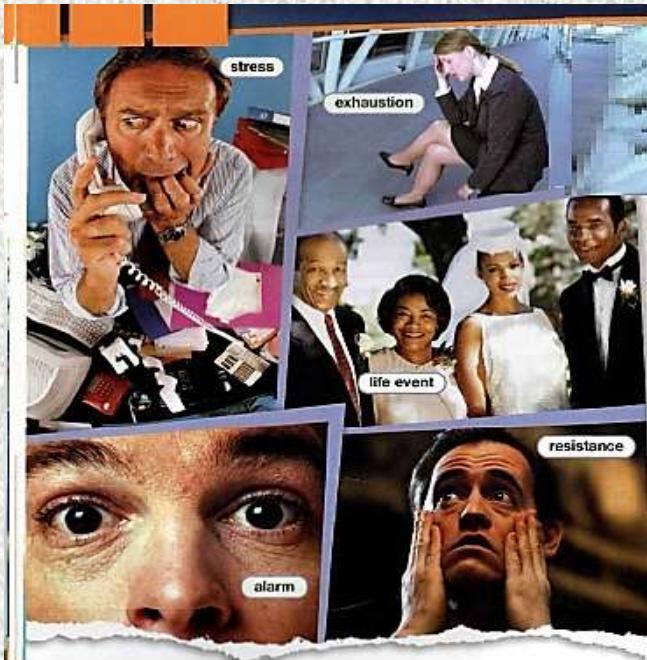
Task 4. Fill in the blanks with the correct words or phrases from the word bank.

Word bank: stress / secondary appraisal / deal with / stress response

1. The _____ is an assessment of what someone can do about a stressful event.
2. When something stressful occurs, the body immediately starts the _____.
3. The psychologist helps people _____ stressors more effectively.
4. _____ is the feeling of nervousness or anxiousness.

READING

Stress: A Natural Part of Life



What causes stress?

Everyone has different **stressors**, but some are more common than others. Positive and negative **life events** often lead people to feel stress. These include major events like moving, getting married, and changing jobs.

The stress response

When a stressful event occurs, your body goes through three stages. The first stage is **alarm**. Your body fills with energy to fight the stressor.

If the stressor still **persists**, the body moves on to **resistance**. The body still wants to fight, but it is losing energy. The final stage is **exhaustion**. This is an undesirable state of extreme tiredness.

How to deal with stress

Your response to stress relates to how you **perceive** it. An accurate **primary appraisal** is very important. It helps you understand the nature of the problem. This ensures a realistic **secondary appraisal**, or plan of action. Then, you can **cope** with the stress more effectively.

Task 5. Read the brochure. Then, complete the table.

Cause	Effect
A person experiences a major life event.	1 _____ _____
2 _____ _____	The body enters the resistance stage.
A person makes an accurate primary appraisal.	3 _____ _____

Task 6. Listen and read the brochure again. What are the three stages in the stress response?

LISTENING

Task 7. Listen to a conversation between a psychologist and a patient. Mark the following statements as true (T) or false (F).

- 1 The woman recently started a new job.
- 2 The woman has less energy than she did during the previous week.
- 3 The woman is preparing to move to a new city.

Task 8. Listen again and complete the conversation.

Psychologist: 1 _____ in your life right now?

Patient: I just started a new job. I like it, but 2 _____ to learn.

Psychologist: That can be a 3 _____ life event. You're experiencing a normal stress response.

Patient: What do you mean?

Psychologist: The 4 _____ is a three-stage process. First, you have heightened energy.

Patient: Oh, that's 5 _____ last week.

Psychologist: Right. But if the 6 _____, you really feel the pressure.

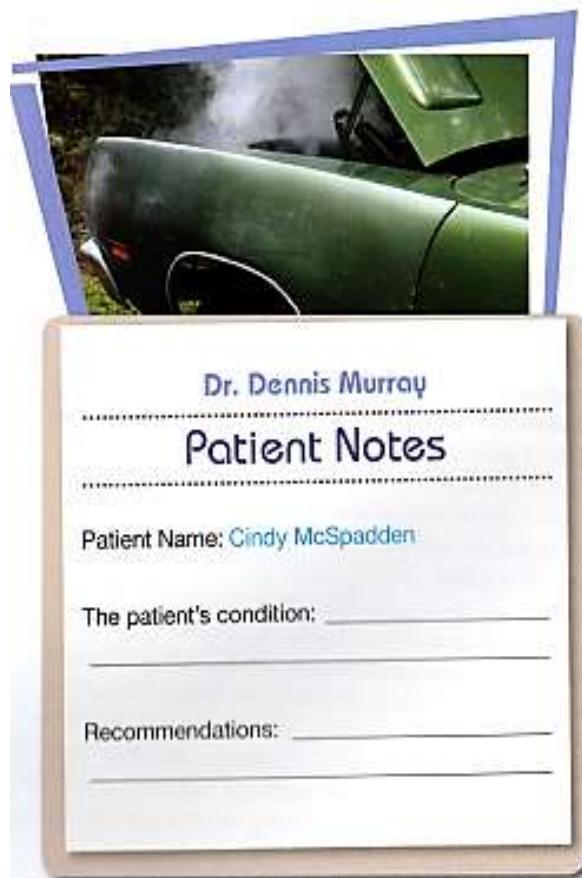
SPEAKING

Task 9. With a partner, act out the roles below based on Task 8. Then, switch roles.

USE LANGUAGE SUCH AS:	Student A: You are a Psychologist. Talk to Student B about: <ul style="list-style-type: none">• events in his or her life• his or her level of stress• your recommendation for dealing with stress
<i>What's going on...?</i> <i>What do you mean?</i> <i>I need to...</i>	
Student B: You are a patient. Talk to Student A about stressful events in your life.	

WRITING

Task 10. Use the conversation from Task 9 to fill out the patient notes.



Dr. Dennis Murray

Patient Notes

Patient Name: [Cindy McSpadden](#)

The patient's condition: _____

Recommendations: _____

