

## HOW TO REDUCE STRESS AT WORK

**In 30 seconds, answer the following question:**

- **What are some signs and symptoms of excessive stress at work?**

Answer the given question in 60 seconds:

## What are some common causes of stress at work?



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# Wear Your Words

Listen and repeat. Then, choose a word to define.

1. **Tackle (v)** /'tækəl/

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2. **Withdrawn (adj)** /wɪð'drɔ:n/

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3. **Delegate (v)** /'delɪgeɪt/

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4. **Exceed (v)** /ɪk'si:d/

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5. **Irritable (adj)** /'ɪrɪtəbl/

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6. **Antidote (n)** /'æntɪdaʊt/

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**Make a sentence using that word.**

**Example:** When stress **exceeds** your comfort zone, it stops being helpful and can start causing major damage to your mind and body.



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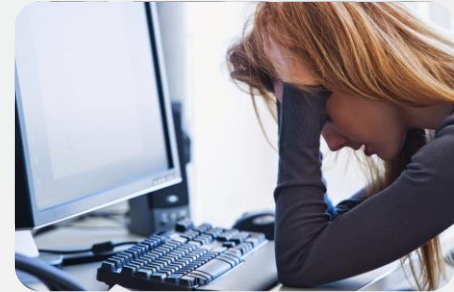
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# Wear Your Words

Explanation of a useful phrasal verb and an idiom:

## Stressed out

too anxious and  
tired to be able  
to relax



## Go bananas

(slang) to  
become angry,  
crazy or silly



### Examples:

- *I was really **stressed out** before finals.*
- *He lost his job and just **went bananas**.*

Make a sentence using either the given phrasal verb or idiom.



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## Structure:

**Had + S + V3, S + would have + V3.**

**Example:** Had he **trained** harder, he **would have won** the match.

**Make a sentence using the given structure.**



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**Pair Work:** Stress at work is one of the leading causes of people taking time off sick from work. In 180 seconds, discuss with your partner ways to reduce your overall stress levels and regain a sense of control at work.

## Suggestions

- ✓ Constantly build new friendships: social contact is nature's antidote to stress
- ✓ Flip your negative thinking and share your thoughts and feelings
- ✓ Get moving: regular exercise is a powerful stress reliever
- ✓ Eat well: minimize sugar intake and get enough sleep
- ✓ Tackle high-priority tasks first and delegate responsibility
- ✓ Don't try to control the uncontrollable: many things at work are beyond your control



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# Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to stress at work

- ✓ **One phrasal verb and one idiom:**

**Stressed out**

**Go bananas**

- ✓ **Structure: Had + S + V3, S + would have + V3.**

- ✓ Discussion about ways to reduce your overall stress levels and  
regain a sense of control at work



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# Homework

Complete your mission and find more in related lessons.

## Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Practice the related lessons in the course browser [here \(It doesn't apply to all students\)](#)
- ✓ Take those lessons

## Recommendations

- ✓ [106-persuasive arguments \(#0361\)](#)
- ✓ [86-present perfect verbs \(#0823\)](#)



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Material

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