

HOW TO REDUCE STRESS AT WORK

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. Vocabulary game: Fill in the blanks.

Ways to reduce workplace stress:

- | | |
|----------------------------------|-----------------------------|
| 1 Get of your Chair | 5 Listen Music |
| 2 Practice Stretches | 6 Take a Deep |
| 3 Focus One Task at a Time | 7 a Sit-to-Stand Desk |
| 4 Get Enough | 8 Walk and Talk it |

2. Who stresses you out the most?



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3. Discuss the following question with your partner: How does stress affect your health?

4. Role-play

A: You are under too much stress. You found it too difficult to keep patient. Talk with your friend.

B: You're A's friend. Suggest some solutions to him/her.



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A cup of coffee, a watch, and a notebook in the background.

Wrap-up

- Topic: **How to reduce stress at work**
- Have some talks about ways to deal with stress
- **Please don't forget to rate our lesson today**
- **Finish your homework** [here \(It doesn't apply to all students\)](#)