

1. By raising 3 questions

2. No inform

3. Not feel like sleeping or eating and have trouble in paying attention or remembering.

4. 2 type

2 good stress = have to give a report

1 bad one = a family member is sick

5. Making good decisions about how to spend your time and keep your SELF in mind

SELF = { sleep
exercises
leisure
food -

Digging In

• Comprehension

I. Complete the chart with information from the text.

Introduction	Thesis statement: <u>1</u> _____ (Para. <u>2</u>)
Body	• Definition of stress: <u>2</u> (Para. <u>3</u>) • Causes of stress: <u>3</u> , _____ _____ (Paras. <u>4-5</u>) • Ways to cope with stress: <u>4</u> , _____ _____ (Paras. 7-8)
Conclusion	Closing statement: <u>6</u> _____ (Para. <u>8</u>)

II. Answer the questions.

- How does the author introduce the topic?
- What's the author's purpose in writing this essay? To inform, entertain, or convince?
- What are the common signs of stress?
- How many types of stress are mentioned in the passage? Give an example of each type.
- What does "a balanced life" mean and how can we keep our life balanced?

III. Define "good stress" and "bad stress," and discuss the possible causes of each type. You may refer to the cues in the box.

Causes of stress

- suffering from a serious disease
- playing competitive sports
- taking tests
- adapting to new routines and cultures
- facing the death of a loved one
- losing one's job

Good stress

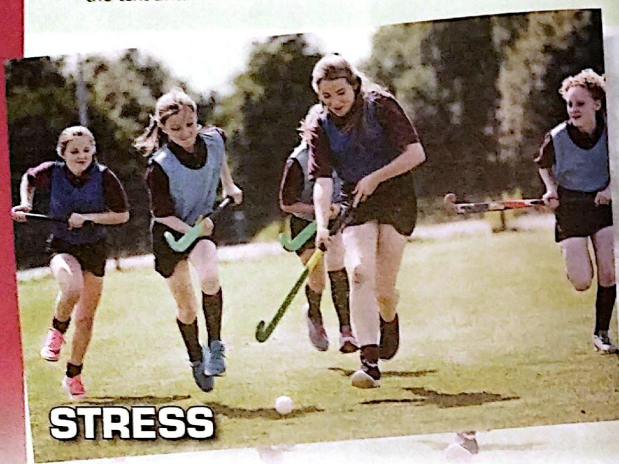
Definition: 7

Bad stress

Definition: 8

READING A

What do you know about stress? Is it good or bad? Read the text and find out more about stress.



STRESS

Have you ever felt sick to your stomach during a test? Have you had days when you were so loaded down with homework that you had trouble sleeping? Have you ever been so worried about something that you ended up with a terrible headache?

If so, you know what it's like to feel stressed. You've probably heard people say, "Wow, I'm really stressed out" or "This is making me totally stressed." Maybe you hear adults talk like that all the time. (But teenagers have lots of things going on in their lives that can cause stress, too.)

What is stress?

(Stress is what you feel when you

are worried or uncomfortable about something. This worry in your mind can make you physically feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomachache or a headache.

When you're stressed, you may not feel like sleeping or eating, or you may sleep or eat too much. You may also have trouble paying attention at school or remembering things at home.

What causes stress?

Plenty of things can cause stress, and there are such things as good stress and bad stress. Good or normal stress might show up when you're called on in class or when you have

to give a report. Have you ever had butterflies in your stomach or sweaty hands? These can be signs of good stress — the kind of stress that can help you get things done. For example, you may do a better job on your book report if the anxiety inspires you to prepare well before reading it to the class.

But bad stress can happen if the stressful feelings last for a long time. You may not feel well if a family member is sick, if you're having problems at school, or if you're going through anything else that makes you upset every day. That kind of stress isn't going to help you. It can actually make you sick.

What to do when feeling stressed?

Once you recognise that you're feeling stressed, there are several things you can do. You can try talking about what's bothering you with an adult you trust, like a parent or a teacher. Bring up what's been on your mind and how it makes you feel. An adult may have ideas about how to solve whatever is worrying you or troubling you.

(To have a balanced life is the best way to avoid stress. That means making good decisions about how to spend your time. If you're only dealing with school stuff and have no time to play, you can get stressed. Make sure you keep your SELF in mind: Sleep, Exercise, Leisure and Food. Getting enough sleep and eating healthy food are two great ways to help handle stress. You can also turn to relaxation exercises to get rid of stress. The easiest one is to breathe in slowly and deeply through your nose, and then breathe out slowly through your mouth. You can do exercises like this anytime, without anyone noticing.

(If you take care of yourself and get enough sleep and food, and if you exercise and leave time for fun stuff, you'll probably be less stressed out!)



Personal Touch

- Have you ever consulted an adult about something bothering you? If yes, what advice did you get?