

# Stress \*

A feeling of physical suffering caused by injury or

To change your ideas or behaviour to make them

To stop being alive, either

To act in a particular way as a direct result of something else

To bring your eyebrows together so that there are lines on your face above your eyes, often while turning the corners

Unable to speak

worried, sad, or thinking hard

pain

adapt

die

react

speed up

snarl

frown

dumb

Try to predict some of the vocabulary you expect to find in the poem.



Listen to and read the poem. Do you agree with it? Discuss in pairs.



*I agree with the poem that stress is a natural reaction and that it is a normal part of our lives.*

Your own reaction to a mess.  
Stress from pains to pleasures range,

*I agree that change is what usually brings on stress, but I do think that it is unique that some people handle it better than others.*

T facial muscles shan or frown.

The point is, stress is not unique,

It doesn't mean you're dumb or weak.

*Stress is the way our bodies cope with the environment. I guess there is also emotional stress as well as physical stress.*

from a poem by William Goldsmith, MD

\*MD= (Doctor of Medicine)





# Before reading learn new words!

укреплять

подготовка,  
преддверие

информация, факты

в двух словах,  
вкратце

напрягать, натягивать

неглубокий (о  
дыхании)

держат в тонусе

в перспективе

отбиться от рук

облегчить нагрузку

улыбайся и терпи

пораженный

разумно

держат вещи в  
перспективе

рвать на себе волосы

питательный

необходимый

положительный





## study skills

### Gap filling

Read through the text to get an idea of what it is about. Read again and look at the words before and after each gap. Choose the word which fits best. Read through the completed text to check if it makes sense.

### The lowdown on stress

In a nutshell, "stress" is the 3) ..... of

### A is for ACTION

You can take action when stress

### B is for BEAR IT

If there's nothing you can do about it! If, at first, your thoughts are too much for you, analyse the situation and find ways to cope with your negative emotions. Last but not least, getting enough sleep, exercising and eating regular, **nutritious** meals are all **essential** for coping with stress! Above all, try to keep a sense of humour and a **positive** attitude! You don't have to let your problems rule your life!

### C is for COPE

Find ways to

relaxing, such as going for a walk or for a coffee with a friend, will help take your mind off the things that are bugging you. Or perhaps writing poetry or keeping a diary will help you to 7) ..... with your negative emotions. Last but not least, getting enough sleep, exercising and eating regular, **nutritious** meals are all **essential** for coping with stress! Above all, try to keep a sense of humour and a **positive** attitude! You don't have to let your problems rule your life!



## C is for COPE

Find ways to handle your stress! For a start, doing something

relaxing, such as going

help take your mind

perhaps writing poetry

with your negative emotions.

sleep, exercising and eating

regular, **nutritious** meals are all

**essential** for coping with stress! Above all, try to keep a sense of

humour and a positive attitude! You don't have to let your

problems rule your life. Remember, trying to control

that your work will only make you feel worse!

you can't control stress, but you can control how it gets out of hand!

controlling your stress. A B C

What is the purpose of the text?

The purpose of the text is to give advice to teenagers about how to handle stress.

1 getting 2 having

3 doing 4 making

separated 2 alone

lonely 4 isolated

3 1 manner 2 style

3 1 manner 2 style

4 1 manner 2 style

3 1 manner 2 style

3 1 manner 2 style



# Match the underlined words/phrases in the text with their meanings:

Important information ✓

Make a difficult situation better ✓

Increases ✓

Time just before ✓

Cause you to remain alert/ready ✓

Unable to manage ✓

Keep on your toes

Basically ✓

Going crazy ✓

Over a long period of time ✓

Uncontrollable ✓

Judge how important something really is ✓

Accept it without complaining ✓



# Complete the sentences with the missing words.

- 1 As pressure at work [ ] so does my level of stress.
- 2 I was so excited in the [ ] to Christmas.
- 3 What's the [ ] on the new generation of mobile phones?
- 4 Global warming, [ ], is the rise in the Earth's temperature.
- 5 Having regular tests at school will [ ].
- 6 Saving the environment will, [ ], save the human race.
- 7 The police did not let the football fans get [ ].
- 8 I need a secretary to [ ].
- 9 My car broke down when it was pouring with rain, but I just [ ].
- 10 Graham was [ ] with work and had to stay late at the office.
- 11 Always [ ] and try not to exaggerate.
- 12 Polly was [ ] with worry.

1. Keep things in perspective
2. In a nutshell
3. Mounts
4. Lowdown
5. Out of hand
6. Overwhelmed
7. Pulling out her hair
8. Lighten the load
9. Run-up
10. In the long term
11. Grin and bear it
12. Keep on your toes

# Match the words to their definition.

Tense

Shallow

Rationally

Nutritious

Essential

Positive

based on reason

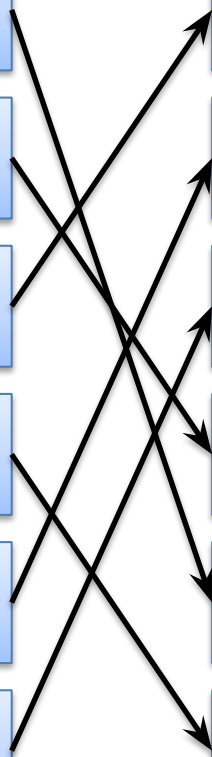
important, necessary

hopeful, confident

to take small amount of air in with  
each breath

to tighten

healthy and nourishing





## Prepare a two-minute talk on stress. Include:

what it is and what causes it

how it affects our bodies

what stresses you out

what you do to relieve stress



*Stress is the natural reaction the human body has to deal with life's changes. When we are stressed, our muscles tense, our breathing becomes shallow and adrenaline is released into our bloodstream. This helps us focus and gives us the strength to survive in difficult situations. Stress is sometimes good because it keeps us alert, but it is bad for the heart and our general well-being if we have a lot. Thankfully, we can quite often avoid stress and we can also learn how to cope with it. When I feel stressed, for example, when I have too much work to do, am sitting exams or am organising an important event, I try to do a lot of aerobic exercise or listen to some calm music. That usually helps. etc*

# Choose the correct word. Check in the Word List.

- 1 be fed up with sth (phr) пресытиться, быть сытым по горло  
be killing sb (phr) изнурять (работой)  
be over (phr) окончиться, завершиться
  - 2 be under stress (phr) беспокоиться, быть в стрессовой ситуации  
be up (phr) достигать, случаться, выходить  
be up to one's eyes in sth (phr) быть занятым
  - 3 feel the strain of sth (phr) быть в напряженной ситуации  
get sb down (phr) унижать  
get sth off one's chest (phr) облегчить душу, признаться в чем-либо
  - 4 get things out of proportion (phr) преувеличивать, делать из мухи слона  
get out of hand (phr) отбиться от рук
  - 5 give sb a hard time (phr) издеваться, сурово обращаться  
in a nutshell (phr) в двух словах, кратко  
in the long term (phr) в перспективе, когда-нибудь
  - 6 keep one on their toes (phr) держать в тонусе, не давать расслабиться  
lose control (phr) терять контроль  
lose one's temper (phr) потерять самообладание, выйти из себя
  - 7 take one's mind off sth (phr) забыть, перестать думать
- B: Cheer up. Two more weeks and then it'll be over up.

ess.

Complete with: giving, proportion, take, strain, temper, tired, building, getting. Explain the word

Extremely bored of

tired

Depressing me

1 I'm just sick and .... of doing exams all the time!

2 I'm so fed up with the way I look. It's

The pressure is too much for me

take

3 I'm losing control. I can't .... it any more!

Exaggerate

4 Things aren't as bad as they seem

Suddenly became angry

5 Jo makes me so angry. I lost n

Come under

strain

Gradually increasing

6 I think he's feeling the .... of his parents' divorce

7 I haven't just started feeling

Causing problems for me

giving

8 My parents are .... me a hard time.



Fill in: snarl, stammer, whisper, sigh, groan. Check in the Word List.

1 "Don't do that again," he ..... at me angrily. snarled

groan /ɡroʊn/ (v) стонать, охать

2 "I-I-I d-d-don't kn-know anything!" he ..... nerv

sigh /saɪ/ (v) вздох

3 "We've finished!" John ..... with relief. sighed

snarl /snaːl/ (v) ворчать, огрызаться

4 She was so scared she could only ..... her name in a l

stammer /stæmə/ (v) заикаться

5 "Oh, no! Not again!" Sally ..... in agony. groaned

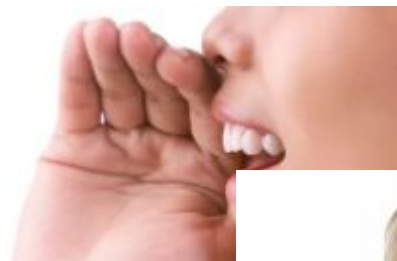
whisper /wɪspə/ (v) шептать



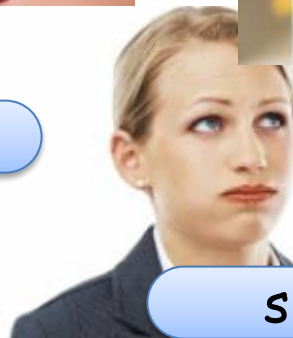
snarl



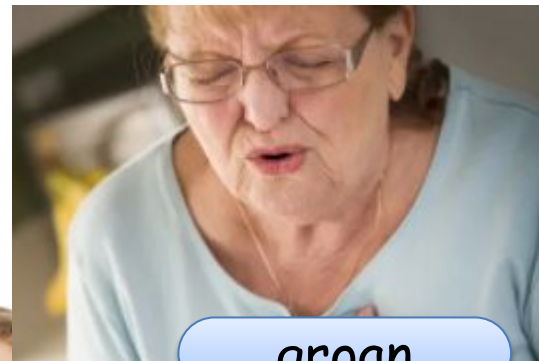
stammer



whisper



sigh



groan



Match the phrases. Mime the body movements. What are these phrases in your language?

1 She shook

b

2 She clenched

a

3 She shrugged

d

4 She folded

f

5 She blushed

c

6 She stamped

e

7 She trembled

h

8 She tapped

g

a her fists angrily

b her

c with

of n

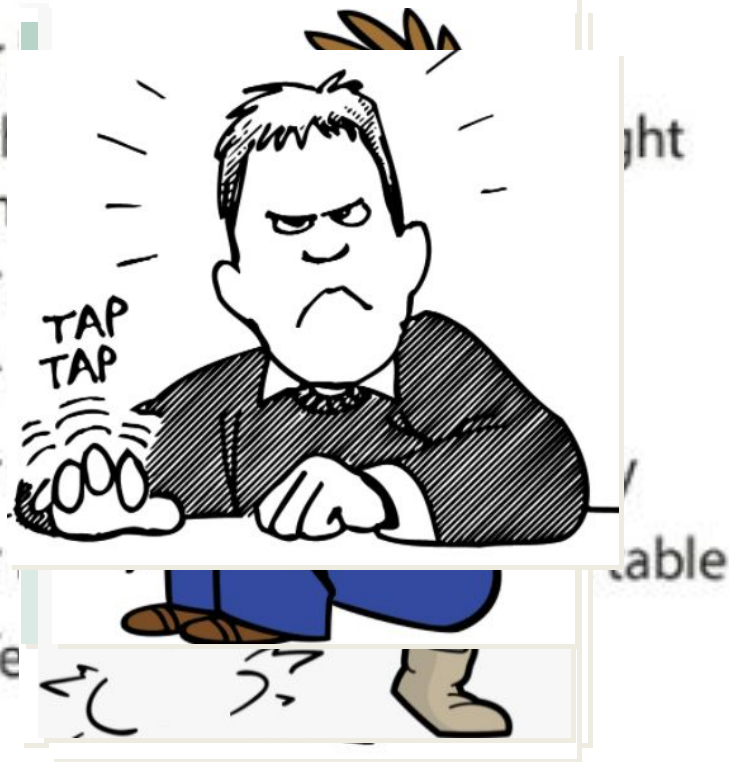
d her

e her

f her

g her

h in fe



Read the statement. What does Sydney Harris imply? Discuss in pairs.

## Words of Wisdom

THINK!

The time to relax is when you don't have time for it.

(Sydney J. Harris, American journalist)



ENGLISH  
ДБЖК  
Read the text and fill in the gaps  
with words/ phrases from the list.

# Workbook

\*nutritious \*out of hand \*overwhelmed \*essential \*lighten the load \*relieve  
\*grin and bear it \*keep things in perspective \*positive

## Coping with school stress

What with heavy workloads and pressure to get good grades, many teens today feel overwhelmed. Some try to grin and bear it, but stress affects their health all the same. Learning how to manage stress and maintain a positive attitude is crucial. But what are the ways teens can beat those feelings of stress? Well, to begin with, teens can learn time-management skills. Time-management is essential to avoid minute exam cramming and assignment panic is to be avoided. Secondly, busy teens should think of ways to

lighten the load

. For example, those with part-time jobs or a lot of extracurricular activities should seriously consider dropping some of them around exam time.

Thirdly, teens should pay attention to their health.

Nutritious meals and adequate sleep are stress-busters! Exercise too should not be forgotten. Working-out is a great way to deal with tense muscles and relieve stress. Finally, teens should realise that there is never a need for things to get

8) out of hand. Parents, teachers, guidance counsellors and friends are all there to help and provide support. Often, simply a talk with a loved one is all it takes to relieve stress and 9

keep things in perspective !



## Underline the correct word.

- 1 When asked whether she wanted to go to the cinema or the park, Mary ~~shook~~/shrugged her shoulders indifferently.
- 2 The little boy was so mad that he ~~tapped~~/stamped his feet angrily.
- 3 Sarah ~~clenched~~/trembled with fear as the wild dog growled at her.
- 4 He blushed/~~shook~~ in embarrassment while walking out on stage to give his speech.
- 5 Frank ~~trembled~~/tapped his fingers nervously on the desk while the teacher returned the test papers.
- 6 The man clenched/~~folded~~ his fists angrily as the manager told him he was no longer needed.
- 7 When Dan's mother told him the bad news he ~~shrugged~~/shook his head in disbelief.
- 8 Jenny folded/~~tapped~~ her arms while waiting impatiently in the queue with her son.



# Complete the exchanges with the phrases from the list.

\*pulling my hair out \*in a nutshell \*is under a lot of stress \*lost her temper  
\*Take it easy \*keep you on your toes \*getting me down \*off my chest

1 A: Can you summarise the story for me?  
B: No problem. Here's what happened .....  
.... **in a nutshell** .....

2 A: Why is Ben so short-tempered lately?  
B: Because he ... **is under a lot of** .....  
... **stress** ..... at the moment.

3 A: Why are you so upset, Helen?  
B: Because Katie .....  
... **lost her temper** ..... with me  
this morning.

4 A: I'm so stressed about the Maths exam  
tomorrow. I feel like **pulling my hair out**  
B: Don't worry. You'll be fine.

5 A: Sir, why do you keep giving us surprise  
Science tests?  
B: Because I want to . **keep you on**  
**your toes** ....!

6 A: I'm up to my ears in homework.  
B: . **Take it easy** ..... . Remember,  
you have all weekend.

7 A: I need to get something .....  
**off my chest** .....  
B: Go ahead. I'm listening.

8 A: My breakup with Cindy is really .....  
... **getting me down** .....  
B: I'm sorry to hear that. Do you want to talk  
about it?