

Stress



Before

Statement

After

- People can control their stress
- Stress always has a negative effect on a human body
- Eating any type of food can help cope with stress

True or False?

1. All stress is bad.
2. In the long term, stress can cause serious physical and emotional symptoms.
3. If you have too many things to do, always start with the ones that are difficult.
4. If you can't change the situation, you'd better get used to it.
5. Doing something relaxing can help cope with stress.

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|---|--------------------------------|
| 1. Important information = | 1. lowdown |
| 2. Make a difficult situation better = | 2. lighten the load |
| 3. Increases = | 3. mounts |
| 4. Time just before = | 4. run-up |
| 5. Cause you to remain alert/ready = | 5. keep you on your toes |
| 6. unable to manage = | 6. overwhelmed |
| 7. basically = | 7. in a nutshell |
| 8. going crazy = | 8. pulling your hair out |
| 9. over a long period of time = | 9. in the long term |
| 10. uncontrollable = | 10. out of hand |
| 11. judge how important something really is = | 11. keep things in perspective |
| 12. accept it without complaining = | 12. grin and bear it |

1. Peter and Ann don't get on with each other, but Peter is trying **to make the situation better**;
2. The children are behaving worse and worse. They're becoming really **uncontrollable**;
3. You should give me all the **necessary information** on the candidates;
4. The fact that coronavirus is killing more and more people is really **going me crazy**;
5. **Basically**, their goal is to promote healthier eating habits;
6. I was really **unable to manage** by the fact he had passed away so unexpectedly;
7. The students are under violent pressure **the time just before** exams;

1. Muscles tense	1. Мышцы напрягаются
2. Shallow breathing	2. Неглубокое дыхание
3. Analyse the problem rationally	3. Анализировать проблемы рационально
4. Nutritious meal	4. Питательная еда
5. Essential (for)	5. Важный (для)
6. A positive attitude	6. Положительный настрой

1. What is stress?
2. What effect does stress have on human body?
3. What should you do if you have many things to do?
4. What is it a good idea to do when you have nothing to do about the situation?
5. What are relaxing ways of coping with stress?

- Be under stress
- Lose control (of)
- Cope with
- Take it easy
- Get off my chest
- Break up with
- Be up to my eyes (in)
- Take the stress
- A little pressure doesn't hurt
- Cause stress
- Be over
- Be sick and tired of
- Get smb down
- Can't take it
- Get things out of proportion

- Испытывать стресс
- Терять контроль над
- Справиться с
- Не принимать близко к сердцу
- Снять груз с души
- Порвать отношения с
- Быть погруженным в...
- Избавиться от стресса
- Немного напряжения не повредит
- Вызывать стресс
- Завершаться
- Быть сытым по горло
- Унижать кого-л.
- Не выдерживать
- Раздувать из мухи слона

- Lose my temper
- Feel the strain
- Build up
- Give smb a hard time

- Терять самообладание
- Чувствовать напряжение
- Накапливать(ся)
- Держать в ежовых рукавицах