

Stress and How to Cope With It



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Stress is reaction of
our body to various
extreme situations.

Stress and How to Cope With It

Stressful events in our lives:

- ▣ divorce,
- ▣ losing a job,
- ▣ having difficulties at home or at work.

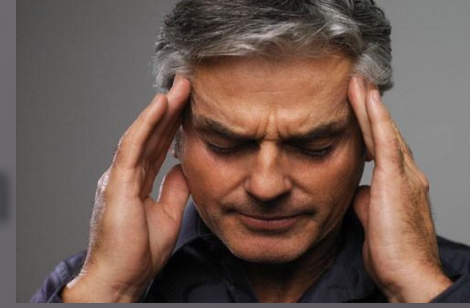
But changes for the better can also cause stress:

- ▣ a new job,
- ▣ a wedding,
- ▣ a new house.

Pupils and students often face stress:

- ▣ from problems at school,
- ▣ poor relationships with peers,
- ▣ strict and demanding teachers,
- ▣ exams and many other problems.

Stress and How to Cope With



Not being able to get rid of tension and stress millions of people have real physical sufferings.

American scientists say that people who don't know how to reduce stress regularly feel:

- 13% splitting headache;
- 17% suffer from muscle pain and pain in joints;
- 30% pain in back;
- 60% have problems with sex;
- 70% of all painful symptoms are caused by stress and emotional tension.



Stress and How to Cope With It

1. Being stuck in a traffic jam;
2. Doing the homework;
3. Waiting in a queue;
4. Being late for school/work;
5. Missing the bus/train to school/work;
6. Walking home alone at night;
7. Going to the dentist;
8. Taking an exam;
9. Not being able to sleep at night;
10. Loosing something valuable.

1 - most stressful

10 - least stressful



**5 - some
stressful**



Stress and How to Cope With It

Body

Mind



Emotions

Behavior

Managing Stress

Inside



Outside



Move



Day



Eat/Drink



Night



Reward



TIME!



Extra



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Tips on Managing Stress

- Positive Attitude
- Support System
- Exercise
- Laughing
- Taking Time for You
- Meditation



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People can relax in various ways:

survey results for 500 teenagers show that:

- ▣ 28% watch TV;
- ▣ 24% spend time with friends;
- ▣ 12% read a book;
- ▣ 10% listen to music;
- ▣ 8% play sports;
- ▣ 6% play a musical instruments;
- ▣ 5% go shopping;
- ▣ 3% go to the cinema;
- ▣ 3% go out for a meal;
- ▣ 2% play computer games.

get back to nature, be satisfied with less, focus on the family, help those in need and change your lifestyle etc.)

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Stressful situations:

- ▣ to argue with a friend
- ▣ to have a doctor's appointment
- ▣ to lose something valuable
- ▣ to change schools
- ▣ to move house
- ▣ to sit tests/exams
- ▣ to disagree with parents
- ▣ to have too much homework
- ▣ to have a party
- ▣ to practice an instrument/sport

Stress and How to Cope With It

Your home task is to write a personal letter of advice to your friend on “Stress and how to cope with it”.

You have received a letter from your English-speaking pen friend Steve who writes “...At school we are going to pass our final exams. I feel exhausted, nervous and I’m experiencing stress. Could you give me a piece of advice how to cope with my stress? As for the family news, my sister got married last week...”

- Write a letter to Steve. In your letter tell him about stress and how to cope with it; ask 3 questions about his sister's husband. Write 100-140 words. Remember the rules of personal letter writing.



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“Never hurry.

Take plenty of exercise.

Always be cheerful.

Take all the sleep you need.

You may expect to be well”.

James Clark

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Bobby McFerrin –
“Don't Worry, Be Happy!”



