

Stress and How to Cope Well with It..



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**A definition, friends, of stress :
Your own reaction to a mess.
Stress from pains to pleasures range,
The common element is change.
Adapt or die and that is a fact ,
And so our bodies must react:
The heart speeds up the gut slows
down,
Facial muscles snarl or frown
The point is stress is not unique,
It does not mean you are dumb or
weak.
Common both to man and beast,
It proves you are still alive at least!**



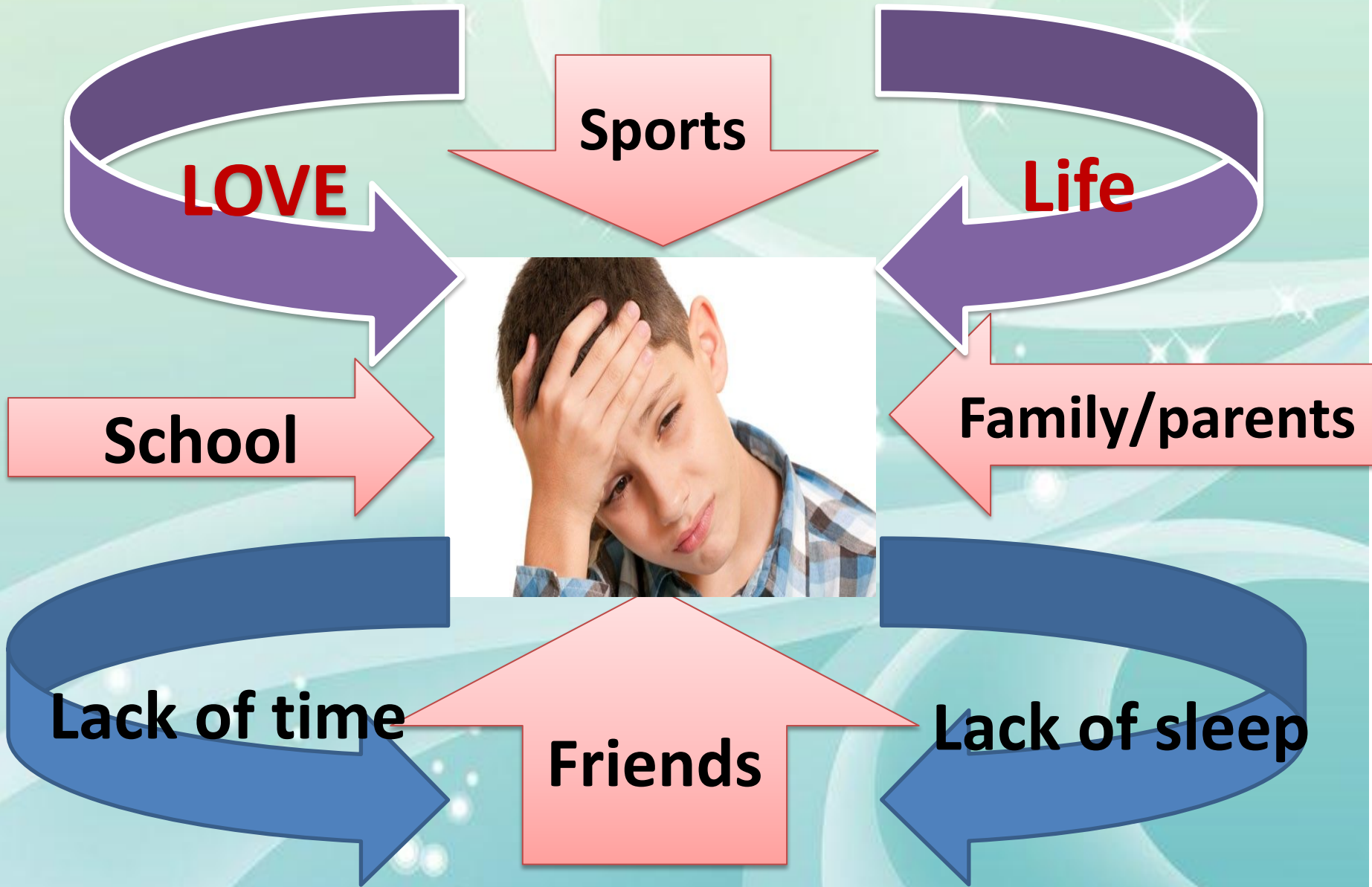
What is stress???

-is a natural reaction of our body to life's changes;

-is the way our bodies cope with the environment



great worry caused
by a difficult
situation or
something
that causes this
condition





Overtime Sick Tired
No Time

Dread Health Headache Fear

Time Management Bills Payments

Stress No Sleep Stress Debt

Anxiety Economy

Worry Work

Overdue Job Anxiety

Late Nights Fear

VOCABULARY 1

- **To experience stress** – **переносить стресс**
- **To be stressed** – **переживать стресс**
- **To be stressed out** – **быть на нервах**



- **To be under stress/pressure**
- **To feel too stressed-** **стресс переполняет вас**

VOCABULARY 2

- **To cope with stress – справиться со стрессом**
- **To relieve your stress – снять стресс**
- **To relax – расслабиться**
- **To de-stress – снять напряжение**
- **To wind down – успокоиться**
- **To control stress**

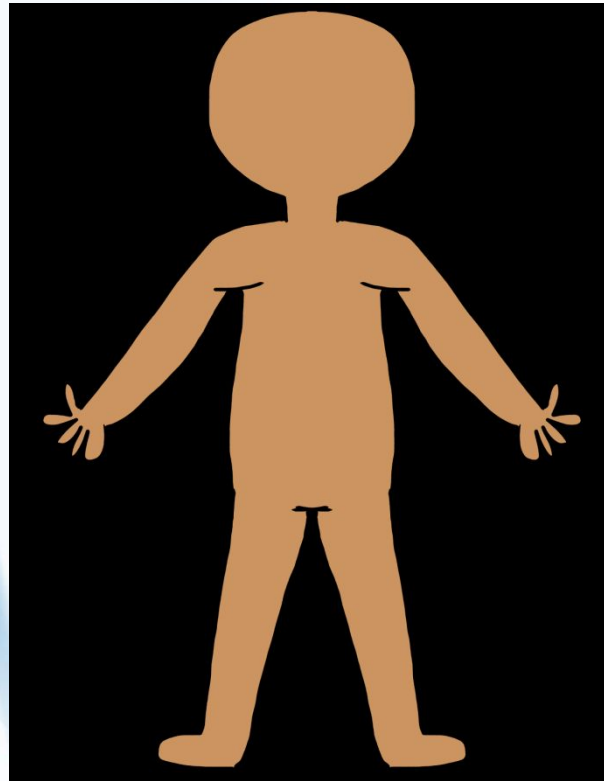
Stress can cause :

headaches

breathlessness

Taut muscles

Muscular
twitches



Skin
irritations

Frequent
infections

fatigue

Stress can cause some emotional symptoms such as :

- **Loss of confidence** – утрата доверия
- **Irritability** – раздражительность
- **Depression** – депрессия
- **Apathy** – апатия
- **Apprehension**-опасение (= fear)
- **Restlessness** – усталость
- **Insomnia** - бессонница

Agree or disagree. Explain your point of view



- Stress can result in a real breakdown of health;
- Stress is everywhere;
- It is impossible to avoid stress;
- Laughter is the best medicine for all diseases;
- The best way to minimize stress is to know your limits and to be in harmony with yourself.

How to cope with stress?



How to cope with stress?



Go for a walk

How to cope with stress?



How to cope with stress?



Jog in the morning

How to cope with stress?



How to cope with stress?



How to cope with stress?

A yellow sticky note is affixed to a pink, textured wall with a piece of clear tape. The note contains the handwritten text "don't forget to smile" in red ink. The text is arranged in three lines: "don't" on the first line, "forget to" on the second line, and "smile" on the third line. The note is slightly tilted and casts a soft shadow on the wall below it.

don't
forget to
smile