



Dealing with stress

Before watching

1a Are these feelings positive 😊 or negative ☹️? Complete the emojis.

angry 😊 happy 😊 relaxed 😊
 sad 😊 stressed 😊 worried 😊

1b Complete how the situations make you, or someone you know, feel. Use the feelings in 1a.

Example: *Having a lot of schoolwork makes me feel stressed.*

- Going to school ...
- Having lots of homework ...
- Going to work ...
- Doing things that I don't want to do ...
- Spending time with friends ...
- Not having time for me ...

While watching

2a 16 VIDEO SKILLS Read the video skills box. Then watch the first part of the video. What things make the three teenagers feel stressed? Choose from the situations in 1b and circle the correct numbers.



Kieran

1 2 3 4 5 6



Amelia

1 2 3 4 5 6



George

1 2 3 4 5 6

VIDEO SKILLS: Listening for the main ideas

When you watch a video, it's not important to understand everything, especially the first time. Try and understand the main ideas, not the details. And if you don't understand something, stay calm, forget it for now, and continue listening.

2b 16 Now watch both parts of the video. Write how the teenagers feel when they're stressed. How does it affect them?

Kieran:

 Amelia

 George:

3a 16 Watch again. Make notes on how the speakers deal with stress.

Kieran:

 Amelia

 George:

3b Who deals with stress in a similar way to you? Explain why.

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After reading

4a The speakers in the video show that different things make different people feel stressed, and that people do different things to relax.

Think of one thing at school and one thing at home that makes you feel stressed. For each thing, write what you are going to do to relax the next time you are in that situation. *The next time ... I'm going to ...*

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4b SKILLS 4 LIFE Find out about how two older members of your family deal with stress. What can you learn from them? Follow these steps.

- Find time to talk to two older members of your family – for example a parent, an older brother or sister or a grandparent.
- Ask them about the things that make them feel stressed. Then ask them what they do when they feel stressed. Make a note of their answers.
- Think about their answers. Do you think any of their ways of dealing with stress can help you? If so, use their ideas next time you feel stressed and see if they help you relax.

REFLECT ON IT



Older people often say that life today is more stressful than life in the past. Why do you think that is? What can we do to make our lives less stressful? Would learning relaxation techniques like yoga at school be helpful, for example?