Lesson 09. Give Me a Break

▶ All about stress and anxiety!

▶ Multiple choice quiz: parts of speech

1 Language points

1) stress – to stress out – to be stressed (out)

2) anxiety - insomnia - fatigue - burnout – depression

3) irritable - crabby - anxious – fatigued

4) a nervous wreck – workaholic

5) demanding - nerve - wracking – stressful

6) to deal / cope with – to manage – to reduce

① stress – to stress out – to be stressed (out)

- noun - verb – adjective
- don't mix them up!

▶ Se-jeong has a lot of stress from her job lately.

▶ This project that our boss gave us is really stressing us out.

▶ Everyone was really stressed out when the CEO came to visit the office.

② anxiety - insomnia - fatigue - burnout – depression

- conditions that result from stress

▶ Oh my God Carrie looks terrible. I think she's had problems with insomnia.

▶ The anxiety was just too much for Rick, so he ended up quitting his job.

▶ After doing the same marketing work for 10 years, Hee-jung was experiencing terrible burnout and had to find something new.

③ irritable - crabby - anxious – fatigued

- adjectives to describe someone with a lot of stress. (behavior or feeling)

▶ Peter looks so fatigued lately. He can hardly concentrate. He needs to get some rest.

▶ Kevin has been so crabby lately. I just asked him a simple question and he snapped at me.

▶ Joe really needs a vacation. He seems so anxious with his work and family problems.

④ a nervous wreck - workaholic

● nouns to call people under stress

▶ Ji-yoon is such a workaholic. She was here until 11PM last night and she just can't say no to her boss.

▶ Jared doesn't have a lot of dating experience, so he looked like a nervous wreck before he went out last night.

⑤ demanding - nerve-wracking - stressful

● adjectives for things that cause stress

▶ My boss is so demanding. We worked the whole weekend, then he gave us a huge new project on Monday morning!

▶ Giving a presentation in front of 150 people was the most nerve-wracking experience of my life.

▶ Trying to get to work by 6:40AM every morning can be stressful if you're not a morning person.

⑥ to deal / cope with - to manage - to reduce

● verbs for handling stress!

▶ I have found that meditating has really helped me cope with my stress.

▶ The worst thing you can do to manage your stress on a Wednesday night is to go out drinking.

▶ He's such a nervous-wreck all the time. He really needs to learn to deal with his stress in a healthier way.

2 Apply to the book

▶ Page 51, Activity A

How would you deal with having to give a last-minute presentation in front of a large group of people with no preparation?

▶ **Sample answers**

This would be an incredibly *stressful* situation and I would be *a nervous wreck*. I think the best way *to cope with* this kind of *stress* would be to go in with the attitude that you're having a casual talk with the audience so you're not so *anxious*.

▶ **Page 52, Activity B**

Which job would be the most stressful and why?

▶ **Sample answers**

I think that being an ER surgeon would be the most *stressful*. Late nights and odd hours would leave you so *fatigued*. Also, if a patient dies on your watch, you might end up with *insomnia* and *depression*, which can make you irritable. I suppose that since they make really good money, they can afford the best ways *to manage* their stress, like perhaps getting regular massages.

▶ **Page 53, Discussion**

What causes you the most stress? Family, relationships, work, colleagues, romance, personal issues?

▶ **Sample answers**

For me personally, work creates the most *anxiety*. My boss is so demanding, so I've slowly become a *workaholic*. It's been years of the same thing, so I feel *burnt out* and I'm crabby with everyone. The only thing I have to reduce my *stress* is yoga class nowadays.

3 Review quiz

#1.

An adjective to describe a ***situation*** that makes you anxious and gives you temporary stress.

Answer: _____

A. stressed out B. demanding C. nerve-wracking D. anxiety E. workaholic

C

#2.

A noun that describes a ***condition*** that is the result of stress.

Answer: _____

A. a nervous wreck B. stressful C. stressed D. burnout E. fatigued

D

#3.

An adjective that describes someone's ***behavior or feeling*** when they are under stress.

Answer: _____

A. irritable B. nervous wreck C. workaholic D. fatigue E. to cope with

A