

# Topic

**Conversation  
for Intermediates**



**D2**



A man in a blue and brown plaid shirt is sitting on a ledge, holding his head in his hands with a distressed expression. He is wearing a black watch and a ring. The background is a blurred blue sky. A yellow text box is overlaid on the left side of the image.

**Describe  
the  
picture.**



Today's Topic

# Stress

**Stress is the pressure or worry caused by the problems in somebody's life.**

# TARGET LANGUAGE

In this lesson, we will learn to **talk about stress**:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

## Key phrases:

stressed out  
cause stress  
take a nap  
retirement age

## I Key Sentences

Read and share your opinions.

1. You know you are **stressed out**.  
Give yourself some time to relax.

Q1. Have you ever been stressed out?

Q2. How did you deal with your stress?





## I Key Sentences

Read and share your opinions.

2. I get a lot of **stress** from my coworkers.  
They are very competitive.

Q1. Do your coworkers give you stress?

Q2. What else might cause your stress?



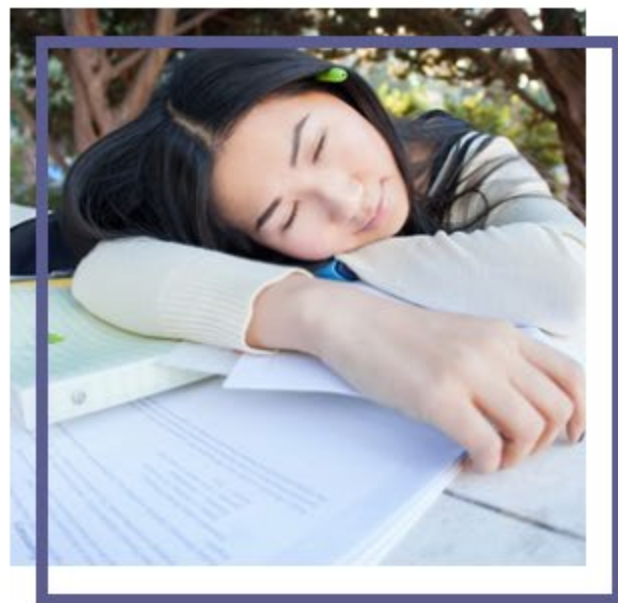
## I Key Sentences

Read and share your opinions.

3. I feel tired during the day.  
So, I take a **nap**.

Q1. Do you have a habit of taking naps?

Q2. What is the difference between napping and sleeping?



## I Key Sentences

Read and share your opinions.

4. Mark stopped working last year because of his workload. He felt happy to **retire**.

Q1. Are you eager to retire when you are stressed?

Q2. What is the usual retirement age in your country?





## Vocabulary

Sum up and make sentences with the words.



**stressed out**  
too anxious and tired  
to be able to relax



**stress**  
the pressure or worry  
caused by the  
problems in  
somebody's life



**retire**  
stop working, especially  
because you have reached  
a particular age



**nap**  
short sleep,  
especially during  
the day

## Vocabulary Check

Choose the correct words to complete the sentences.

stress

nap

retire

stressed out

1. Lots of old people start to learn English after they \_\_\_\_\_.
2. He was feeling very \_\_\_\_\_ and tired.
3. I had a short \_\_\_\_\_ after lunch.
4. The incident has caused enormous \_\_\_\_\_ and anxiety to my family.

## I Review

Fill in the blanks with the given letter.

Stress is a common problem at the present. Some people even want to r 1 in advance.

Stress can make us anxious and depressed. It also has a 2.

S 3 can stimulate creative ideas and make us more active and clear-headed.

Here are some ways to deal with stress:

- When you feel s 4, you can take a short n 5 during the day.
- You can also ask others for help, such as families and friends.



## Free Talk

Talk about the advantages and disadvantages of stress.

### Advantages

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Disadvantages

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I Free Talk

Think about the question and share your opinions.

# How can we deal with stress wisely?

### Ask others for help.

- tell and share
- get suggestions
- ask for company

### Relax ourselves.

- new environment
- entertainment
- physical exercise

### More ways...

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