

Talk Time

Ask your partners the following questions. For each question, ask one more *Wh* question. Write the answers in the boxes. Ask the full question, but you may write a short answer.

Questions:	Partner 1	Partner 2	Partner 3
What is your advice to someone feeling a lot of stress?			
<i>Wh question</i>			
Have you ever tried something “extreme” to release your stress?			
<i>Wh question</i>			
What kind of health problems can you get from too much stress?			
<i>Wh question</i>			
What is your idea of the ultimate relaxing weekend?			
<i>Wh question</i>			
What things in a student’s life can cause stress?			
<i>Wh question</i>			
Some of the best paying jobs are very stressful- do you think it is worth it?			
<i>Wh question</i>			
Do you long for the stress-free days of your childhood?			
<i>Wh question</i>			

7) Stress Relief

Warm Up

Read the sentences. Put “T” for True, and “F” for false. Then ask a partner. Are your answers the same?

	True/False YOU	True/ False PARTNER
Sometimes I feel overwhelmed with school work.		
When I feel stress, I have someone to confide in.		
I think exercise is a good way to relieve stress.		
Taking prescription drugs is a perfectly acceptable way to reduce stress.		
When I feel stressed-out, I sometimes want to hit something or someone.		
Drinking alcohol helps me to relax.		
I have cried before because I was so stressed.		
I think prolonged stress can lead to health problems.		
My family is the primary source of all my stress.		
Meeting new people causes me a lot of stress.		
I have tried meditation or yoga to relax.		

Conversation

Michelle: Hey Dominic, why the long face?

Dominic: Man, I am just buried in work. I’m feeling totally stressed-out.

Michelle: You need to take it easy. Stress can give you a heart-attack, you know.

Dominic: Tell me about it! But if I don’t finish this work, my boss is going to kill me. It’s making me crazy.

Michelle: You know, when I’m feeling overwhelmed, I go to the yoga studio. It really calms my mind.

Dominic: Yoga? That’s not for me. Any other suggestions?

Michelle: Well, one of my friends always goes bungee-jumping when he needs to clear his head.

Dominic: Now that’s more like it. I need something *extreme* to take my mind off of things.

Michelle: He says just before you jump, when you’re standing at the edge, your mind goes totally blank. All your stress just evaporates!

Dominic: Awesome! What’s his number? Next time he goes, I’m in!