

STRESS WHAT IS IT?

- 1. What is stress and what causes it?**
- 2. How does stress affect our bodies?**
- 3. What can easily stress you out?**
- 4. Can you control stress?**
- 5. What do you do to relieve stress?**



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's a fact,
And so our bodies must react:
The heart speeds up, the gut slows down,
Facial muscles snarl of frown.
The point is, stress isn't unique,
It doesn't mean you're dumb or weak.
COMMON both to man and beast,
It proves you are still alive, at least!

William Goldsmith



IMPORTANT PHRASES ON TOPIC “STRESS”

To be fed up with smth

Smth is killing me

To be all over soon

To be under constant stress

To be up to one's eyes in smth

To feel the strain of smth

To get smth off one's chest

To get things out of proportion

To give sb a hard time

To lose one's temper

To lose control

To take smth easy

To take one's mind off smth



To adapt to

to relieve

bloodstream

To bear smth/smb

to shrug

a chunk of

To bug

to sigh

dumb

To clench

to snarl

lowdown

To cope with

to stammer

nutritious

To embarrass

to stamp

overwhelmed

To focus on

to tap

a run-up

To frown

to tense

strain

To groan

to tremble

workload

To handle with

to whisper

in a nutshell

Alert

in the long term

to mount

To judge

to range

WORD FORMATION

Depressed – depression (n)

To believe – belief (n) – disbelief (n)

To embarrass – embarrassed – embarrassment

To face – a face – facial (muscles)

Logical, illogical – logically, illogically

Different, indifferent – difference, indifference,
differently, indifferently

Rational, irrational – rationally, irrationally

PHRASAL VERBS TO LEARN

To break up with a friend

To break down

To build up the relationships

To deal with (This text deals with.....)

To get at smb (your sis)

To give smth away

To give smth back

To give smth over

To give up (doing smth)

To speed up

To take smth up (Italian, a sport)

I shake my head (in disbelief)

I clench my fists

I shrug my shoulders (to show my indifference)

I fold my arms

I blush (in fear)

I stamp my feet

I tremble with embarrassment

I tap my fingers (nervously on the table)