



Stress

Task: Effects from suffering from stress

Activity 1: Listening

Welcome to a practice listening task for the ISE 3.

You are going to hear a talk about **the effects of suffering from stress**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

To begin with, many people have been suffering from stress these days, but it isn't the same stress as always. Let's face it, who was really prepared to have to go into quarantine because of a new virus that had taken over the world in a year's time. Nobody must have been aware how the stress levels in the entire world were going to rise and how many people felt that it was beyond their own control. There are some techniques and methods that are believed by many experts to help solve the majority of stress suffered by many people nowadays.

Turning to those that experience prolonged stress, they often experience stress that lasts over an extended period of time and it therefore becomes an abnormal reaction. Stress is typically a transitory reaction, since the dangers are normally short-lived. However, when the major causes of stress are continuous and don't disappear quickly, we might be seen experiencing a loss of balance and control in our life and this is certainly worrisome. On top of that, we can feel desperate and have catastrophic thoughts, like wondering what will become of oneself. Not to mention, the increasement of excessive behaviours, such as drinking, eating and aggressiveness to others and oneself. Most people can't stand the stress that takes them to this extreme. Surely it is clear that avoiding this type of stress can only help you to enjoy life more.

Furthermore, many people have asked themselves what ways do they have to overcome a stressful situation and how they can manage stress. Well, there are some things that can help you adopt a healthier lifestyle. If those that had suffered from extreme stress would have known this earlier, it would be a different world today for many people. For instance, first you must recognize the lack of control that you have in a situation and accept that things may be beyond your control. Then you can stay calm by doing breathing exercises and meditation. Another thing that is strongly recommended by psychologists is to keep from being isolated. Many people eliminate unnecessary stress by getting off their chest what is bothering them with somebody that they trust and having a shoulder to cry on. These days it is hard to have personal contact, but with all our technology and chatting apps, we can easily contact our friends and family in these ways, and then we don't have to feel so alone in a difficult situation. Some other things that help are reading, writing and listening to music. These activities help keep our minds busy and can help us feel less stressed. Doing a



physical activity is another way that can help you conquer stress, as well as make some healthy changes to your lifestyle.

In conclusion, we must remember that stress is an important defence that we have when we experience situations of danger, but that doesn't mean that we need to let it get the best of us. I suspect that we must take control of our environment and not let it be in control of us. Starting with small changes, will probably make a positive difference. By doing this, we take charge of our thoughts and feelings, and then it will be much easier to deal with our problems in our daily stressful situation of battling a virus that has become a virtually impossible complex problem for the entire world at the moment. If only we didn't have to live this experience but even in the most dire of situations, we can learn to manage our stress, learning to compromise and realize that we are not perfect and no one is, and therefore release the tension of demands and pressures of our everyday life.

Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me the speaker's arguments that the speaker puts forward about the causes of stress and how people can deal with stress.

Now tell me what arguments the speaker puts forward about the causes of stress and how people can deal with stress.

This is the end of the listening task.

Answers:

Causes of stress	Deal with Stress
Unprepared (for quarantine) / beyond their control	recognize the lack of control
prolonged stress / for a long period of time	accept things that are beyond your control
Loss of balance and control in our life	doing breathing exercises and meditation
Feel desperate and have catastrophic thoughts	don't be isolated / talk with somebody
increasement of excessive behaviour	Do activities; reading / writing / listening to music
Can't stand extreme stress	take control of our environment (<i>speakers opinion</i>)

Marks: +_ / +12



Activity 2: Reading

Find grammar in the audio script and highlight it, writing behind the grammar: For example:
You must know that... = You **must [modal verb: must]** know that

Grammar list:

- Mixed Conditionals
- Modal with Passives
- Should / Might / Could / Must + have and Perfect Infinitive
- Wish / Hope / If Only
- Verbs followed gerund or / and infinitive
- Idioms and Expressions
- The Passive
- Tentative Expressions
- Intensifiers and Modifiers
- Signposting Words

Once you have found all the grammar, write down some vocabulary and ideas in the audioscript.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Activity 3: Writing

Write an essay for your teacher (150 to 180 words) about what causes stress and the different things that can be done to eliminate stress.

Piensa en qué tipo de ensayo

- Argumentative Essay → decir las ventajas y desventajas
- Discursive Essay → pide que informan sobre algo, con datos o información
- descriptive essay → memoria, recuerdo, o experiencia

Plan your writing with the grammar, writing format, and ideas from the writing prompt before starting.

Activity 4: Speaking

Now, think about having a two minute conversation about: How stressful life can be nowadays? You can use ideas from the listening activity and/or add your own ideas.

What ideas can you use?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What questions can you ask?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.