



## Stress Management

### Task: Keeping From Getting Stressed

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 10.

You are going to hear a talk about **keeping from getting stressed**. 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

Almost everybody has suffered the effect of stress at some point in their life. However, you don't have to wait until you are stressed to take steps in order to keep stress levels down. Don't you think it might be a good idea to prevent stress from happening instead of trying to eliminate it once you do have it?

First and foremost, there are some really good ways to keep mental stress away. An example of this are from people that are prone to make jokes and laugh can usually battle stressful situations off. So, it is totally healthy to have a good laugh and feel good. Furthermore, it is good to put a lot of effort into anything you do, but once it is done, you should basically forget about it and not worry about the results. For instance, the case of taking an exam. There is nothing that you can do once it has taken place, so why stress over it. Another thing to keep in mind is that you should have reasonable ambitions. For if you don't, then you may become disappointed in yourself and not only that, but also might develop unneeded stress. It is good to be ambitious but certainly within reason. In addition, don't keep your worries to yourself and feel that you have to either sink or swim. Talk to your friends about what is on your mind and get your worries off your chest. Something else that is good for combating stress is to do aromatherapy. By lighting a candle and using essential oils, many people have found it quite relaxing.

So to continue, if we look at physical stress, there are also things that can be done to keep from suffering from it. Firstly, some people have found that having drunk less caffeine can absolutely help in keeping down stress. It keeps a person from feeling nervous and also helps for not provoking anxiety. On the flip side, being bored to tears can bring somebody to think about unpleasant things, so one might want to consider making a move physically by doing exercise and working out. Taking up an activity like yoga, dancing, jogging and cycling are great ways to relieve stress. You can completely keep off some stress by disconnecting from your job and studies and enjoy your free time. Some of the ways that you can do this is by watching films, listening to music, reading books, owning a pet, and travelling. Finally, if you avoid procrastination and don't turn a blind eye to things you have to do. Most people feel better getting things out of the way that later won't affect their timeline, stress and sleep quality. When you leave things for the last minute, you can go through a lot of sleepless nights.

To sum things up, I might be mistaken but I don't think that all stress can be easily eliminated. Some people might need medical attention and regular medication to fight against stress and anxiety. If that is the case that is alright too. The idea is simply to live the best life that you possibly can.

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 about the thoughts of the speaker and ways that you can keep from getting stressed mentally and physically.

Now tell me about the thoughts of the speaker and ways that you can keep from getting stressed mentally and physically. You have one minute to talk.

This is the end of the listening task.

**Answers:**

Point of View	<ul style="list-style-type: none"> <li>• medical attention and medication if need be, and that is alright too</li> </ul>
Ways to keep from getting stressed mentally	<ul style="list-style-type: none"> <li>• makes jokes and laugh</li> <li>• don't worry about the results once something is finished (exam)</li> <li>• have reasonable ambitions</li> <li>• talk to your friends about what is on your mind</li> <li>• do aromatherapy: light a candle, essential oils</li> </ul>
Ways to keep from getting stressed physically	<ul style="list-style-type: none"> <li>• drink less caffeine, keep from feeling nervous and provoking anxiety</li> <li>• doing exercise, working out, take up a sport: yoga, dancing, jogging, cycling</li> <li>• disconnect from job and studies and enjoy your free time: films, music, books, owning a pet, travelling</li> <li>• avoid procrastination; feel better getting things out of the way that later won't affect your timeline, stress and sleep quality</li> </ul>

Marks: +\_ / +10