



## Stress Management

### Task: The Impact of Technology on Stress Levels

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 10.

You are going to hear a talk about **the impact of technology on stress levels**. 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

Certainly, technology has become an integral part of our lives, revolutionizing the way we work, communicate, and navigate the world. However, its influence on our stress levels is a topic that warrants thoughtful consideration. While some may argue that technology brings about convenience and efficiency, it **may be wrong but** also important to acknowledge its potential role in increasing stress. As we find ourselves constantly connected and **bombarded** with information, the lines between work and personal life blur, leading to heightened stress levels. Moreover, the rise of social media platforms and the constant need for virtual engagement often replace genuine human connection and meaningful conversations with mere **small talk**, leaving us feeling **pensive** and longing for more fulfilling interactions. Nonetheless, in the face of these challenges, we are also witnessing the resilience of individuals who leverage technology to explore stress management techniques, connect with support networks, and seek solace in digital tools designed to promote well-being. Let's delve into the multifaceted impact of technology on stress levels, examining both its drawbacks and the potential for technological solutions in managing and mitigating stress.

Technology has become an integral part of our lives, but it can also significantly contribute to stress levels. **Firstly**, the constant sense of connectivity and information overload that technology brings can create a never-ending cycle of stress. Social media platforms, **quite** notorious for their addictive nature, further exacerbate this by fueling comparison and self-esteem issues, leading to increased stress levels. Moreover, the incessant notifications and interruptions from devices disrupt our focus, hinder productivity, and escalate anxiety levels. The pressure to always be available and promptly respond to messages adds to the mounting stress, often resulting in feelings of burnout. Additionally, the sedentary nature of technology usage negatively impacts both physical and mental well-being. Spending prolonged periods in front of screens limits opportunities to **make a move**, engage in physical activity, and connect with nature activities that are crucial for stress reduction. Recognizing and setting boundaries around technology usage is **completely** essential to navigate its **inscrutable** influence and ensure our well-being remains **unfettered** by its negative consequences.

In the fast-paced digital era, technology can **absolutely** be a significant source of stress. However, there are various solutions that can help individuals navigate and mitigate these challenges. **Firstly**, engaging in regular physical activity, such as exercise or yoga, can be a

powerful tool in alleviating stress caused by technology. Physical movement not only provides a break from screens but also releases endorphins, promoting a sense of well-being. Additionally, practicing mindfulness and meditation techniques can help individuals reduce stress and cultivate mental clarity. Taking moments to pause, breathe, and be fully present can have a profound impact on managing stress levels. Setting boundaries is also crucial in maintaining a healthy relationship with technology. Designating specific "technology-free" times or spaces **basically** allows for much-needed relief from constant connectivity, creating space for relaxation and rejuvenation. Moreover, developing healthy screen time habits, like taking regular breaks and limiting overall usage, can prevent technology-induced stress from becoming overwhelming. **Finally**, by implementing these technological solutions, individuals can navigate the digital landscape with a **nonchalant** attitude towards stress, while **yearning** for balance and well-being. In this **sink or swim** digital world, these strategies can serve as life rafts, providing support and helping individuals thrive.

It is widely acknowledged that technology can have a significant impact on stress levels. However, it is essential to recognize that technology is not solely a source of stress but can also serve as a valuable aid in stress management. **Don't you think it might be a bit hasty to totally dismiss the positive aspects that technology can offer?** While it's true that constant connectivity and information overload can be overwhelming, **turning a blind eye to the potential benefits would be unwise.** Technological advancements have provided us with tools and resources that can help us **transcend** stress and find solace in this **inevitably** digitized world. From meditation and mindfulness apps to fitness trackers and online therapy platforms, technology offers avenues for relaxation, self-care, and personal growth. By leveraging these resources and adopting a balanced approach, we can harness the potential of technology to manage and even alleviate stress effectively.

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 point of view of the speaker, the role of technology in increasing stress levels and technological solutions for stress management.**

Now tell me **about the point of view of the speaker, the role of technology in increasing stress levels and technological solutions for stress management.** You have one minute to talk.

This is the end of the listening task.

**Answers:**

Point of view of the speaker	<ul style="list-style-type: none"> <li>• While technology can contribute to stress, it can also provide valuable tools and resources for stress management.</li> </ul>
The Role of Technology in Increasing Stress Levels	<ul style="list-style-type: none"> <li>• Technology can contribute to stress by creating a constant sense of connectivity and information overload.</li> <li>• Social media platforms can lead to comparison and self-esteem issues, increasing stress levels.</li> <li>• The constant notifications and interruptions from devices can disrupt focus and increase anxiety.</li> <li>• The pressure to always be available and respond quickly to messages can lead to feelings of stress and burnout.</li> <li>• The sedentary nature of technology usage can negatively impact physical and mental well-being, increasing stress levels.</li> </ul>
Technological Solutions for Stress Management	<ul style="list-style-type: none"> <li>• Engaging in regular physical activity, such as exercise or yoga, can help alleviate stress caused by technology.</li> <li>• Practicing mindfulness and meditation techniques can reduce stress and increase mental clarity.</li> <li>• Setting boundaries and designated "technology-free" times or spaces can provide relief from constant connectivity.</li> <li>• Developing healthy screen time habits, like taking breaks and limiting usage, can help manage stress levels.</li> </ul>

Marks: +\_ / +10

**Grammar Used in the listening task:**

- **Modifiers:** basically / quite / certainly
- **Intensifiers:** absolutely / completely / totally
- **Tentative Expressions:** I may be wrong but.... / Don't you think it might be....?
- **Signposting Words:** firstly / finally
- **Idioms / Expressions:** under the weather / to be bored to tears / sink or swim / a shoulder to cry on / turn a blind eye to / to my mind / small talk / get it off your chest / be at a loose end / make a move / laugh your head off