

Lesson 73

He's really stressed out.

Target: Having a conversation about stress.

Vocabulary

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Stress



Related vocabulary

- | | | |
|---------------------------------|--|---|
| - to be stressed | - to vent about... | - to get to someone |
| - to be stressed out | - to avoid... | - to annoy the hell out of someone |
| - to release some stress | - to have it up to here with... | - anxiety |
| - to relieve stress | - to go crazy / nuts | - to be overwhelming |
| - to stress... out | - to have confrontation with... | - to cope with... |
| - to be stressful | - to have a break down | - to see a shrink |
| - to burn oneself out | - to lose it | - to be at risk of... |

Conversation

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1 Use the questions below to have a conversation with your partner about the topic

Partner #1: Questions

1. What makes you stressed?
2. Do you think interviews are stressful? Why?
3. What's the relationship between stress and drinking?
4. What are some good ways to relieve stress?
5. Is anyone you know at risk of burning themselves out?
6. How do you deal with stress?
7. What happens when you get stressed?
8. What do you think is the leading cause of stress in Japan?
9. What is the most stressful situation you have ever experienced?
10. Rank these in the order of how stressful you feel they are: getting fired, getting pregnant, someone dying.

Partner #2: Questions

1. Is there someone at your office who always seems to be stressed out? Why do you think that is?
2. How effective do you think the following would be in regards to dealing with stress, shooting a gun, drinking alcohol, going to the gym, having some time alone, listening to music, sleeping?
3. Do you think venting to your girlfriend / boyfriend about your problems is a good idea? Why? / Why not?
4. What's the difference between "stress something" and "stress someone out"?
5. Do you ever feel that your job is just overwhelming? What can you do to change it?
6. What's the mental health situation like in Japan?
7. Do you often have confrontations with people? What were some of the causes of the confrontations?
8. Have you ever seen a shrink? What are the pros and cons of seeing a shrink?
9. Is there anyone that just really annoys the hell out of you sometimes? Why is the person annoying?

2 Complete one or more of the situations below

1. **Role play:** Partner #1: You are really stressed out. Vent about your frustrations.
Partner #2: Listen to your friend and give them some advice.
2. **Speech:** Explain about the mental health situation in Japan and how it can be improved.
3. **Speech:** Tell a story about a man who is really really stressed & about to have a breakdown.
4. **Debate:** You think stress is a good thing, but your partner doesn't agree.