

**Subject:** How to Make Stress Your Friend ☺

**AIMS:**

- to practise listening comprehension & speaking skills in relation to STRESS, HEALTH
- to further explore the concept of HEALTH, in particular, one of its aspects: mental health
- to strengthen ATL skills (→ critical thinking, social skills)

### PART I: The Science of Stress

1) vocabulary revision (quiz based on the lesson 'In search of longevity')

2) group discussion:

Which age group do you feel probably has the most stress: preteens, teenagers, young adults, adults, or the elderly? Why?

Should we aim to have zero stress in our lives? Why or why not?

3) listening comprehension based on the video:

### Unit 12 - The Science of Stress (Reading Explorer 4)

<https://www.youtube.com/watch?v=xLw7WEeXNswY>

#### While You Watch

**A. Noticing.** Check (✓) the topics that are discussed.

- |   |  |
|---|--|
| <input type="checkbox"/> medicine to reduce stress levels | <input type="checkbox"/> the fuel you need to take in to reduce stress     |
| <input type="checkbox"/> what adrenaline does to our body | <input type="checkbox"/> tests that show the effects of stress on the body |
| <input type="checkbox"/> two different types of stress    | <input type="checkbox"/> stress in older people vs. younger people         |

**B. Completion.** Complete these notes on the stress study's conclusions using the words in the box. Two words are extra.

body	breathing	burn	chemicals	exercise
kick in	levels	longevity	physical	stress

#### Physical test

- heart rate and 1. \_\_\_\_\_ increase
- increased 2. \_\_\_\_\_ of adrenaline and cortisol
- heart rate and oxygen levels show release of 3. \_\_\_\_\_ hormones
- also exploiting energy they create
- conclusion: body deals with 4. \_\_\_\_\_ stress well

#### Mental stress

- heart rate and blood pressure increase
- increased levels of adrenaline and cortisol
- 5. \_\_\_\_\_ not compatible with situation
- releases cortisol but doesn't 6. \_\_\_\_\_ extra fuel
- can lead to bone density and 7. \_\_\_\_\_ problems
- conclusion: body doesn't deal with mental stress as well, but 8. \_\_\_\_\_ helps

#### 4) working in pairs

### After You Watch

#### A. Discussion. Discuss these questions in a group.

1. These are some of the most stressful situations we face. Which have you experienced?

relationship issues  
poor nutrition

money concerns  
media overload

job or school pressure  
health issues

2. These are some of the physical and mental symptoms of stressed people. Have you experienced any of these? Which one(s)?

*Physical symptoms:* fatigue, headache, upset stomach, a change in appetite

*Mental symptoms:* feeling nervous, feeling angry, not having energy, wanting to cry

3. What are some creative or unusual ways you relieve stress?

### PART II: How to Make Stress Your Friend by Kelly McGonigal

#### 1) TED Talk:

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

1. Can stress be a good thing? Explain.
2. How does changing your attitude toward stress affect how your body processes stress?
3. When you are in a stressful situation, what are ways that you can try to change your stress response? How can you use stress to your advantage?
4. Do you think that stress can make you more resilient or do you think that stress can be damaging?
5. What did the presenter say that was different from what you have believed about stress?
6. What did you take away from the presentation that you can use in your own life?

#### 2) QUESTIONS FOR DISCUSSION

- Prior to watching Kelly's TED Talk, how did you think about stress? Did you view it as harmful to your health? Has this video changed your perspective? Why or why not?
- What do you do to manage stress now? As a group, share your strategies with one another.
- Kelly claims that when you change your mind about stress, you can change your body's response to it. Why physical symptoms do you associate with stress?
- According to Kelly, research proves that "chasing meaning is better for your health than trying to avoid discomfort." Have you ever avoided an opportunity you wanted to pursue because of the potential stress it would cause? If so, what was it, and would you have made a different decision if you focused on finding meaning?
- Kelly shares research showing that stress releases oxytocin, which motivates you to seek support and crave contact with friends and family. When you're stressed, do you seek support? Is it an effective strategy for you? How does it make you feel?

#### 3) Share a post on 'padlet' (follow the steps given below & use at least 8 expressions from the lesson):

<https://padlet.com/jstojek/klqwif92e23492bs>

- The definition of stress
- Why you should stop trying to avoid stress, why trying to avoid stress you can't control is dangerous for your health
- The stress mindset effect: how to re-frame how you think about stress; tactics to change the way you think about stress
- The power of mindset resets in managing stress
- How stress drives human connection

Based on:

1) New English Explorer 4

2) <https://ed.ted.com>

3) <https://cdn-media.leanin.org>

Source:

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend/transcript?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/transcript?language=en)