

Introduction

This support pack accompanies the audio file 'I wanna talk about beating stress'. To listen to the audio file, go to:

<http://learnenglish.britishcouncil.org/en/i-wanna-talk-about/beating-stress>

This support pack contains the following materials:

- a pre-listening vocabulary activity
- the transcript of the audio file
- a comprehension activity

Before you listen

Exercise 01

Match the words and phrases in the table to their definitions.

a. bunch of	b. commitment	c. confidence
d. cope with	e. crowded into	f. expectation
g. instead of	h. keep oneself in shape	i. nourishment
j. reduce	k. release	l. resolve
m. schedule	n. stress	o. tip
p. to be honest	q. trust	

1. arrange an event/activity for a certain time
2. believe in the honesty or goodness of somebody
3. express a feeling you were not showing
4. feeling worried and tense because of the difficulties in life
5. filled completely
6. food that is needed for life, growth and good health
7. group of (informal)
8. feeling sure about your abilities
9. a promise to do something
10. in place of
11. make something smaller in size or importance
12. strong hopes or beliefs that good things will happen in the future
13. to manage and deal with something successfully
14. to solve a problem or difficulty
15. to stay in good physical condition
16. to tell the truth
17. useful piece of information

Transcript

I wanna talk about beating stress today. You know life here in Hong Kong is very stressful so I think today's topic is very useful for everyone because we can do something about it, just to cope with the stress. So maybe you have some change(s) in your life, maybe big change and small change, but instead of being afraid, I think

you should have a positive attitude and think of change as a normal part of life.

And I think maybe here in Hong Kong, the family (families) are crowded into a very small housing space, so maybe you would sometimes argue with your family and I think try (trying) to resolve

the disagreement with people is very important because then you can build strong relationships and keep commitments you have made. For example, sometimes maybe you are feeling alone and you want to make some comfort and I think you can ask the people you trust for help is very important because if you have a bunch of friends, they can listen to you, then you can release some stress through talking to them.

And do you know that actually I find a very funny thing that if you want to reduce some stress, you can reduce this by the word S-T-R-E-S-S, that's stress. How about, let's begin with the 'S'. Well, I think 'S' is that you can have the 'scheduling', for example, you don't have to schedule too many things in your day and if you feel you are too busy, you can cut out an activity or two.

And how about the 'T' word? The 'T' word is 'treat your body well', because experts say that exercise can reduce stress and also if you eat healthy food, then your brain and your body get the nourishment they need.

And the word is 'R'...the next word is 'R' - 'R' is very important, it says 'relax'. You can do an activity you enjoy or that relaxes you, maybe you can read a good book or learn a new hobby and spend time with your pet or even you can visit (visit) a spa and that could make a very good difference. And for me, I like to play piano

when I feel stressed and sometimes I may just watch some movie (movies) that make me laugh (laugh) a lot.

And the next word is 'E' - 'E' is about expectations, and I think be realistic about yourself is to (be) true to yourself and others. So you can just do your best and don't try to be perfect and don't expect others to be too... because that will release and reduce a lot of stress for you and the people around you.

And the next word is 'S' - 'S' is, stands for 'sleep' and I really really love to sleep to be honest, that's my hobby I think, because sleep...if you get a good night's sleep, then it will keep your mind and your body in shape. And experts say if you sleep more than seven hours, you will actually get tired, so don't sleep too much in the day, just sleep it when you feel enough.

And the last word is 'S' again. I always do this action, the S word is 'smile' - if you smile and have confidence, your attitude and your thoughts influence the way you see things. And if you are a negative person, you can actually learn to think in a more positive way because that makes you feel more comfortable when you are coping with the stress. Finally I think we should take action and apply (apply) these tips to your life, so everyone can beat stress.

After listening

Exercise 02

Choose the correct answer to each question.

- The speaker says ...
 - you should be afraid of change
 - change is a part of everyday life
- The speaker says ...
 - you should avoid other people to reduce stress
 - talking to other people helps to reduce stress
- The speaker says ...
 - if you have too much to do, you should reorder your day
 - if you have too much to do, you should not do as many things in one day

4. The speaker says ...
 - a. you should reduce exercise and eat better foods
 - b. you should do more exercise and eat better foods

5. The speaker says ...
 - a. you should relax by doing something you enjoy
 - b. you should play the piano like her

6. The speaker says ...
 - a. you shouldn't expect others to be perfect
 - b. you should try to be perfect

7. The speaker says ...
 - a. you should try to sleep more during the day
 - b. you shouldn't sleep too much at night

8. The speaker says ...
 - a. if you are feeling negative this will make you smile more
 - b. if you smile more you will feel more positive about things

www.britishcouncil.org/learnenglish

Answers

Exercise 01

1. m; 2. q; 3. k; 4. n; 5. e; 6. i; 7. a; 8. c; 9. b; 10. g; 11. j; 12. f; 13. d; 14. l; 15. h; 16. p; 17. o

Exercise 02

1. b; 2. b; 3. a; 4. b; 5. a; 6. a; 7. b; 8. b