



Activity 1: What makes life stressful? - Discuss these questions with a partner.

1. What are some common causes of stress in everyday life?
2. Do you feel more stressed when you are busy or when you have nothing to do?
3. What do you usually do when you have had a difficult day?
4. Do you think people have enough free time nowadays?
5. What can make it difficult to get a good night's sleep?
6. How can people separate work time from personal time?
7. Is spending time alone important for a healthy lifestyle? Why or why not?

You don't need to share anything personal that makes you uncomfortable. You can talk about people in general.

Activity 2: Give advice and respond

Use the expressions in the box to complete the conversations.

You may use some expressions more than once.

Advice box:

You could... Why don't you...? If I were you, I'd... It might help to...
Have you thought about...?

Responses:

That's a good point. I could try that. I'm not sure that would work. I'll give it a try.
That's easier said than done.

1. "I'm always tired because I stay up too late."
"_____ putting your phone away earlier?"
"_____ I often lose track of time."
2. "I have too much to do and don't know where to start."
"_____ make a short list and choose the most important task first?"
"_____ That sounds manageable."
3. "I want to exercise, but I hate going to the gym."
"_____ walking or dancing instead?"
"_____ I enjoy both of those."
4. "I keep thinking about work when I'm at home."
"_____ set a time to finish work and avoid checking messages afterwards?"
"_____ I need to be more organised."

Activity 3: What would you do?

Read each situation. Discuss what the person could do and explain your suggestions.

Situation 1: Always working

Nina often works late. Even when she gets home, she checks work messages and thinks about tomorrow's tasks.

- What might help Nina switch off from work?
- Should she stop checking messages in the evening? Why or why not?

Situation 2: The late-night phone habit

Carlos watches videos on his phone before bed. He often stays up later than he planned and feels tired the next morning.

- What could Carlos change about his evening routine?
- What could he do instead of watching videos?

Situation 3: Too many commitments

Mei agrees to help everyone. She has little time for herself and sometimes feels overwhelmed.

- How could Mei manage her time differently?
- How could she say no politely?

Situation 4: No time for exercise

David wants to be more active, but his working day is busy and he feels tired afterwards.

- What small changes could David try?
- How could he find an activity he enjoys?

Situation 5: A very busy student

Alex studies, works part-time and helps at home. There is always something to do, and Alex rarely takes a break.

- Which responsibilities could Alex plan more carefully?
- Why might short breaks be useful?

Activity 4: Agree on a solution

Work with a partner. Choose one situation from Activity 2.

Together, decide on:

- The main problem
- Two possible solutions
- The easiest solution to try first
- One difficulty the person might face
- A way to deal with that difficulty

Prepare a short conversation. One student explains the problem; the other offers advice. The first student should accept, reject or question the suggestions naturally.

Then swap roles and choose another situation.

REAL ENGLISH BOX

These expressions are useful when talking about stress, rest and everyday problems.

- I need to switch off. — I need to stop thinking about work or problems for a while.
- I've got a lot on my plate. — I have many things to deal with.
- I'm feeling a bit overwhelmed. — I feel that I have too much to manage.
- I could do with a break. — A break would be helpful.
- It's been a long day. — The day has been tiring or difficult.

Complete the responses.

1. "Do you want to take on another project this week?" "Not really. _____"
2. "You've been working for hours without stopping." "You're right. _____"
3. "You seem worried about all your responsibilities." "I am. _____"
4. "Would you like to go for a short walk?" "Yes, actually. _____"
5. "How was work today?" "Exhausting! _____"

Activity 5: Work-life balance — a mini-debate

Discuss these statements. Do you agree, disagree or partly agree?

1. People should not have to answer work messages in their free time.
2. A busy person can still make time for hobbies.
3. Getting enough rest is just as important as being productive.
4. Technology makes life easier, but it can also make it harder to relax.
5. Everyone needs the same amount of sleep and free time.

Give reasons for your opinions. Try to respond to your partner rather than simply taking turns reading your answers.

Teacher's Key

Activity 2: Suggested answers:

1. Have you thought about / It might help to; I'm not sure that would work.
2. Why don't you; That's a good point.
3. Have you thought about / Why don't you; I could try that.
4. If I were you, I'd / It might help to; That's a good point.

Activity 4:

Responses should identify a problem, suggest realistic solutions and respond appropriately.

REAL ENGLISH BOX:

1. I've got a lot on my plate.
2. I could do with a break.
3. I'm feeling a bit overwhelmed.
4. I could do with a break.
5. It's been a long day.

Activities 1, 3 and 5:

Answers will vary.