A. **Self Expression**

Please look at the picture and say as much as you can about it.
### B. Words and Expressions

Check the pronunciation, meaning and usage of the words with your tutor.

<table>
<thead>
<tr>
<th>Words and Expressions</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>puzzling</td>
<td>difficult to explain or understand</td>
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<tr>
<td>taken lightly</td>
<td>regarded without much seriousness</td>
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<tr>
<td>acute</td>
<td>intense</td>
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<tr>
<td>chronic</td>
<td>lasting for a long period of time</td>
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<tr>
<td>subjected to</td>
<td>caused to undergo or experience</td>
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<tr>
<td>traumatic</td>
<td>distressing; shocking; painful; disturbing</td>
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C. Reading and Comprehension

Read the article and answer the questions.

Stress

Stress is one of the most puzzling and unclear conditions to identify. It is either taken lightly, ignored or both. There are 2 popular types of stress according to various academic researches. The first and most common type is acute stress. It is characterized by emotional distress, muscular problems, stomach problems and high blood pressure or rapid heartbeat. It is manageable and isn't always caused by something negative. Chronic stress is the complete opposite of acute stress. It is dangerous and unhealthy. When one is subjected to long-term stressors, this could be the result. Examples of stressors that can cause chronic stress are unhappy marriage, traumatic experience and unwanted career.

QUESTIONS:

1. According to the article, what are the two popular types of stress?

2. What is acute stress characterized by?

3. What is the complete opposite of acute stress?

4. What are examples of stressors that can cause chronic stress?
D. Vocabulary Exercise

Choose from the list below to fill in the gaps.

- puzzling
- subjected to
- chronic
- acute
- traumatic
- taken lightly

1. The first and most common type is _______ stress.
2. Stress is one of the most _______ and unclear conditions to identify.
3. It is either _______, ignored or both.
4. _______ stress is the complete opposite of acute stress.
5. When one is _______ long-term stressors, this could be the result.
6. Examples of stressors that can cause chronic stress are unhappy marriage, _______ experience and unwanted career.

E. Self Expression

Write the missing words and choose always, sometimes or never.

- taken lightly
- acute
- subjected to

<table>
<thead>
<tr>
<th></th>
<th>always</th>
<th>sometimes</th>
<th>never</th>
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<tbody>
<tr>
<td>1</td>
<td>I think ______ stress is healthy.</td>
<td></td>
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<tr>
<td>2</td>
<td>I am constantly ______ stressors at work.</td>
<td></td>
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<tr>
<td>3</td>
<td>Any form of stress shouldn't be ______.</td>
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</table>
F. **Dialogue Practice.**

Give a proper response to each of the following statements.

A. Where do you usually go to de-stress?
   B. I usually go to......

A. Give examples of activities that can help one de-stress.
   B. Examples of activities that can help one de-stress are...

A. How often do you go to a hot spring or health resort?
   B. I go to a....

A. Does your community have special activities or programs to help people cope with stress?
   B. My community .....