



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.

Words and Expressions	Meaning
puzzling	difficult to explain or understand
taken lightly	regarded without much seriousness
acute	intense
chronic	lasting for a long period of time
subjected to	caused to undergo or experience
traumatic	distressing; shocking; painful; disturbing

出展

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 例文 Weblio 英語例文 <http://ejje.weblio.jp/sentence/>

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 example 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

- The first and most common type is _____ stress.
- Stress is one of the most _____ and unclear conditions to identify.
- It is either _____, ignored or both.
- _____ stress is the complete opposite of acute stress.
- When one is _____ long-term stressors, this could be the result.
- 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
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	always	sometimes	never
1 I think _____ stress is healthy.			
2 I am constantly _____ stressors at work.			
3 Any form of stress shouldn't be _____.			

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