

Let's talk about...

# STRESS



## A. Free-Talk

### Going to My Happy Place

By Kelly Roper

When I feel the stress building, I go to my happy place.

I close my eyes, lean back, and imagine the sun in my face.

I listen to the birds sweetly chirping in the trees  
To relax myself even more, I imagine a gentle breeze.

Once I feel the awful tension begin to slip away,  
I open my eyes and stretch, ready to restart my day.



## B. Target vocabulary

### Words relating to Stress

1. **Fretful (adjective)**- feeling or expressing distress or irritation
2. **Quandary (noun)**- a state of uncertainty over what to do in a difficult situation
3. **Dilemma (noun)**- a situation in which a difficult choice has to be made between two different things you could do
4. **Strained (adjective)**- (of a person) showing signs of tiredness or nervous tension
5. **Ashen (adjective)**- (of a person's face) very pale with shock, fear, or illness.

### Idiomatic Expressions

1. Have a lot on your plate	To be overburdened with work	I <b>have a lot on my plate</b> right now and I don't know what to finish first.
2. Snowed under	To have so much work that it is difficult to manage	I am <b>snowed under</b> with paper works.
3. tear your hair out	To be very upset or distressed over something	Carl has been <b>tearing his hair out</b> over the deadlines he needs to beat.
4. up to one's neck	Deeply involved and fully occupied by something	I've been <b>up to my neck</b> with my work lately because I need to earn more cash.
5. At your wit's end	You are at the limits of your mental resources and don't know how to proceed.	I've been writing this story for hours and I'm <b>at my wit's end</b> .