



*Work in groups to discuss the questions below.*

1. What is stress?
2. What situations are stressful for you?
3. How do you deal with stress in these situations?



4. How is this woman feeling?
5. Why does she feel like this? (Use your imagination.)
6. What could she do about it?
7. What are the sources of stress in modern life?

**Stress:**

Stress is any change that you must adapt to. It could be actual physical danger or it could be the exhilaration of falling in love or achieving success.

Not all stress is bad. In fact, stress is not only desirable but also essential to life.

8. Look at the definition of stress in the box on the left. Do you agree with it? Is it a good definition?
9. Humans have experienced stress since the beginning of time. Why? What was the original purpose of stress?



10. Are high school students under much pressure in your country?
11. Can we educate children without causing stress?
12. How much stress or pressure is good for students?

13. Some people take drugs when they feel stressed. Are drugs a useful temporary solution?
14. Are drugs a dangerous solution?
15. Can positive thinking help?
16. Do you think it is useful to talk to a doctor about the problem?

