

# Is Stress Always Negative?



## ■ Learning Objectives

After completing this lesson, you will be able to...

- Give logical opinions about stress and its side effects.
- Utilize useful discussion phrases regarding changing the subject and cancelling prior ideas.

## 1. Warming Up!

- A** Check the words you know and *circle* the words that you do not yet know.

### Voca-space

self-medicate	react	supposedly
distress	unrelieved	manifest
perception	eustress	self-improvement
immune system	Alzheimer's	stimulating
equipped	insomnia	adrenaline
utilizing		

- B** In groups, help each other to find the meaning of the circled words. The dictionary should be the last resort!

## 2. Making a Case [A]

Read the article below. Gather ideas about the topic as you read the article.

### The Downside of Stress

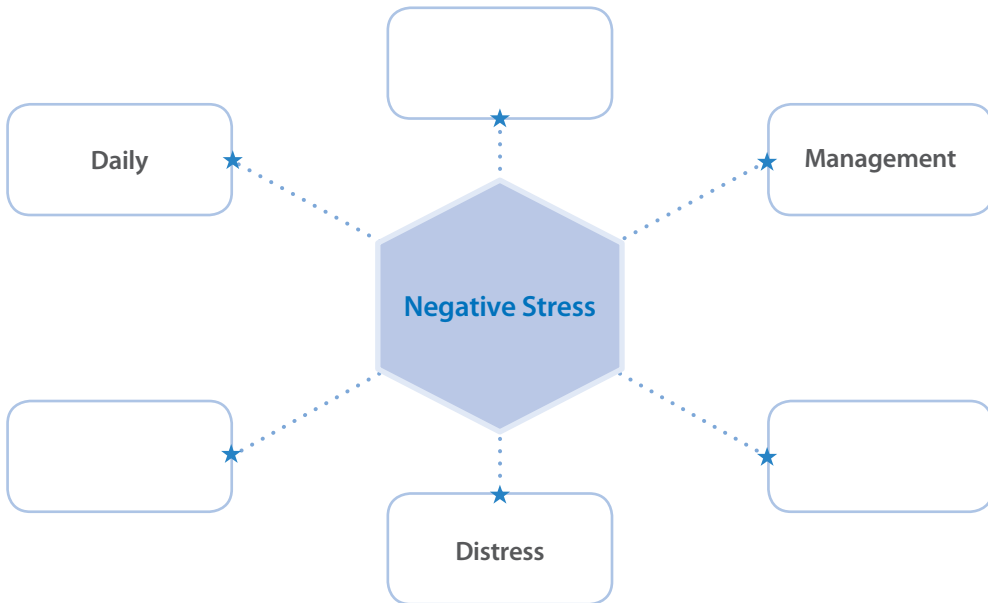
**S**tress is something that the average person comes into contact with **on a daily basis**. We experience stress as we **react** to changes in our environment. Due to stress's commonplace nature, our bodies are **equipped** with resources to cope with it. Stress is **not necessarily a problem in itself**, but it can have negative effects when it goes **unrelieved** for too long.

When stress cannot be relieved, it can lead to **distress**, a negative stress reaction. An estimated 43 percent of adults suffer from health problems related to distress. The symptoms of distress can **manifest** themselves in different ways, **including a variety of** physical, mental, and emotional issues. Some of the most **common problems associated with** distress are headaches, high blood pressure, depression, weight gain, and **insomnia**.

**The way that we** deal with stress affects how strongly we feel its negative effects. Practicing good stress **management** techniques can help minimize the negative effects. Stress is most harmful when people try to **self-medicate** using alcohol, tobacco, or drugs. **Contrary to popular belief**, these **supposedly** relaxing substances tend to keep the body in a stressed state and only cause more problems. ▮

## A Stretch Your Thinking

In groups, brainstorm ideas and opinions about the topic on the provided mind map. The provided keywords from [A] are to be used as starting points.



## B Phrase Fit

on a daily basis	including a variety of
the way that we	contrary to popular belief
not necessarily a problem in itself	common problems associated with

Fill in the blanks using the above expressions to complete the sentences which are about [A].

- 1) The average person faces stress in a variety of situations .....
- 2) ....., alcohol, tobacco, or drugs do not relax the body, but instead keep it in a stressed state, which can cause additional problems.
- 3) The ..... distress include headaches, depression, weight gain, and trouble of sleeping.

## C True or False?

Circle TRUE if the statement corresponds with [A]; if not, circle FALSE.

- 1) Stress always affects us negatively and is very difficult to relieve. ( TRUE / FALSE )
- 2) Most people experience stress on a daily basis. ( TRUE / FALSE )

Correct and rewrite each false statement below.

.....

.....

.....

.....

.....

## 2. Making a Case [B]

Read the article below. Gather ideas about the topic as you read the article.

# The Upside of Stress



**M**any people have a very negative **perception** of stress, but stress is not all bad. Recent research proves that a reasonable amount of stress can affect us positively. Positive stress, also known as **eustress**, can help motivate us toward **self-improvement** and **improve job performance** by encouraging us to get things done.

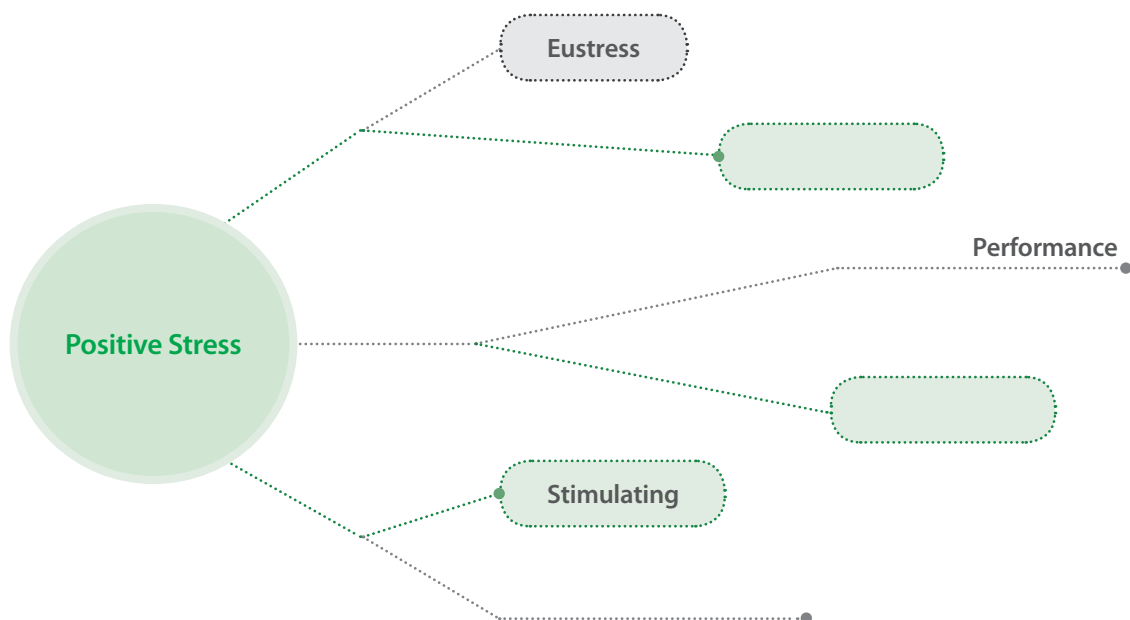
Stress causes the release of hormones, such as **adrenaline**, which have very positive effects in **small amounts**. These hormones give us the **burst of energy** necessary to get things done. **Some research**

**suggests** these hormones have a positive effect on the **immune system** and can even protect against diseases like **Alzheimer's** by **stimulating** brain function.

Everyone needs some stress in their life in order to feel challenged and satisfied. It is when this stress becomes **too much to handle** that the negative side effects **come into play**. The trick to successfully **utilizing** stress to your benefit is not to try to eliminate it, but to try to manage the negative symptoms. ▮

### A Stretch Your Thinking

In groups, brainstorm ideas and opinions about the topic on the provided mind map. The provided keywords from [B] are to be used as starting points.



## B Phrase Fit

in small amounts	too much to handle
improve job performance	burst of energy
some research suggests	come into play

Fill in the blanks using the above expressions to complete the sentences which are about **[B]**.

- 1) .....  
that stress can improve the immune system and help protect against Alzheimer's by challenging our brains.
- 2) The negative side effects of stress only .....  
when stress becomes unmanageable.
- 3) Stress causes the release of hormones, such as adrenaline, to give us the .....  
..... we need to accomplish a task.

## C True or False?

Circle TRUE if the statement corresponds with **[B]**; if not, circle FALSE.

- 1) Eustress can provide us with the motivation that we need to get things done.  
( TRUE / FALSE )
- 2) Stress always damages the brain, causing diseases such as Alzheimer's.  
( TRUE / FALSE )

Correct and rewrite each false statement below.

.....

.....

.....

.....

.....

## 3. What's Your Opinion?

Share your opinions about the discussion questions below using the provided useful expressions from the Phrase Bank as much as possible.

- 1) What are some of the negative symptoms of stress mentioned in the articles? Have you experienced any of these?
- 2) Do you think that stress affects you positively? When can you feel the positive effects?
- 3) How do you relieve stress? Be specific in the ways that you manage stress.
- 4) Are there ways to avoid stress? Give your personal tips on how to avoid stress overload.
- 5) What can happen to people who never take stress seriously?

### Phrase Bank

#### • Changing the Subject

- The next point is....
- Can we turn (get) to...?
- From now on, let's focus on....
- That perspective is good. Let's also see/hear what (other person) has to say.
- Your comment reminds me of....
- We can't really understand (A) without also thinking about/understanding (B).
- What you say is interesting. I would also like to hear your thoughts on (new topic).
- I think to get a fuller understanding we should also explore (new topic).

#### • Cancelling Prior Ideas

- That wasn't what I meant to say.
- I take back what I said about....
- What I meant to say was....

## 4. Raise the Issues!

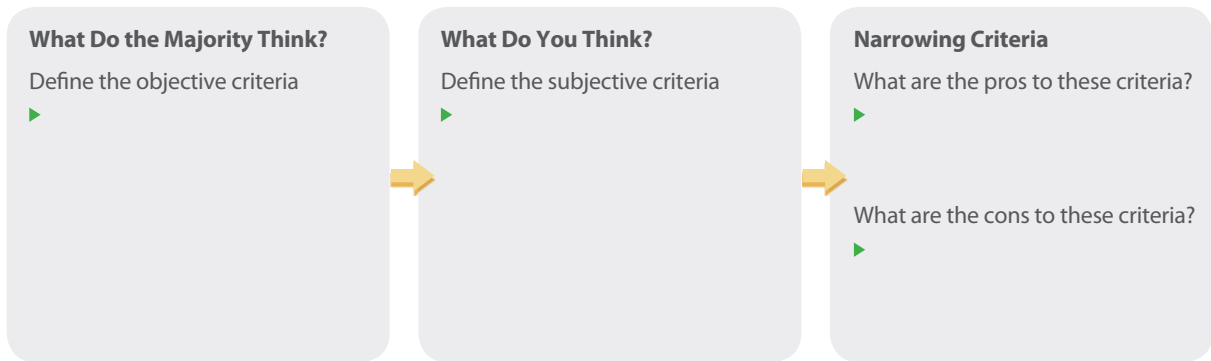
### Pros & Cons

# Do the Positive Effects of Stress Outweigh the Negative Ones?

Stress affects our lives every day in both positive and negative ways. Which side of stress do you feel is stronger: the positive or the negative? What are the pros and cons of having stress in your life?

**Are You Pros or Cons?** • Pros  • Cons

- A** **Make two groups:** pros and cons. Come up with a solution supporting either the Pros or Cons regarding the given topic. Follow the solution formula provided below.



### Coming Up With A Solution:

#### Final Opinion



- B** Discuss your supporting ideas with the opposing group. All members of the group should participate in giving and answering the questions.

### Phrase Bank

#### • Changing the Subject

- The next point is....
- Can we turn (get) to...?
- From now on, let's focus on....
- That perspective is good. Let's also see/hear what (other person) has to say.
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#### • Cancelling Prior Ideas

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## 5. Fun Forum

# Show & Tell

**Q** What do you feel is the most valuable object you are carrying right now? Hide the object and give hints so that your group can guess what the object is. The members in your group get 3 guesses. Ready, set, go!

### List of 3 Questions

1

2

3



## A Sneak Peek!

If you were a host to a Roundtable Discussion program, what would you ask about the following topic? Write three questions and discuss about it.

[Is Your Diet Working?]

1.

2.

3.

