



Stress

1. tension
2. relieve
3. anxiety
4. overwhelmed
5. manage
6. cope
7. calm down
8. chill out
9. violent
10. (stress/worry/etc)-free
11. introvert
12. extrovert
13. technology
14. behave
15. symptom
16. interact
17. capable
18. increasingly
19. appetite
20. wage

1. How stressed out do you feel at the moment?

2. Please rank these things from 1 (least stressful) to 10 (most stressful)

Preparing for an exam

Sitting an exam

Conversing with a stranger

Answering the phone

Flying

Making a speech

Being introduced to new technology

Ordering food at a restaurant

Watching the news

Lack of privacy

3. How do you manage your anxieties?

4. Do you know anyone who is violent when they feel overwhelmed with stress?

5. How do you behave in stressful situations? Do you have any physical symptoms?

6. Are you more of an introvert or extravert? How do you interact within a big group?

7. Would you prefer a stressful high-paid job or a normal wage stress-free one?

8. Are you capable of relieving your stress yourself, or do you usually need help?

9. Many people say that life is becoming increasingly more stressful? What do you think about that?

