

Job Stressors (And How To Cope With Them)

C1 – C2

Module 2

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Summary

Here's What We Will Be Learning in this Presentation:

- ❑ Introduction.
- ❑ Causes Of Workplace Stress.
- ❑ Effects Of Workplace Stress.
- ❑ How To Cope With Stress.
- ❑ Exercises.



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Vocabulary

Overwhelm: to be so bad or so great that a person cannot deal with it.

Erratic: not happening at regular times; not following any plan or regular pattern. *(Eg: The electricity supply here is erratic.)*

Strokes: a sudden serious illness when a blood vessel (= tube) in the brain bursts or is blocked, which can cause death or the loss of the ability to move or to speak clearly.

Meditation: the practice of thinking deeply in silence, especially for religious reasons or in order to make your mind calm.

Clutter: to fill a place with too many things, so that it is untidy.

Perk Up (informal): to become or to make somebody become more cheerful or lively, especially after they have been ill/sick or sad.

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