

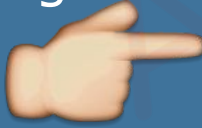


# Job Stressors (And How To Cope With Them)

C1 – C2

Module 2

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



# Summary

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



# 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.