From Distress To De-Stress

B1-B2
Module 8

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Summary

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

- What is stress?
- Shifting From Stress to De-Stress.
- Ways in Which Stress Can Be Overcome.
- Exercises.

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Vocabulary

Stress: a response to something that appears to be a threat. It affects your thoughts, emotions, behavior and body.

Wired: nervous or excited.

Clear Headed: ability to think clearly or sensibly.

Distract: to make someone stop giving their attention to something.

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