



From Distress To De-Stress

B1-B2
Module 8

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



Summary

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

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.