

FD 8 STRESS MANAGEMENT



BEGINNER

Copyright © 2018 Surely work.co

完全版テキストはレッスン前に担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

6. How do you relax?

INTERMEDIATE

1. What situations do you find stressful?
2. When you feel stressed out because of work / school / your family, what ways help you balance your life?

3. Does going shopping help you to relieve stress?
4. Are you outspoken about your opinions? How do you handle people who disagree with you?
5. Do certain colors make you feel happier?
6. What do you think is the most stressful job in the world? What is the least stressful job you can think of?

ADVANCED

Copyright © 2018 Surely work.co

完全版テキストはレッスン前に担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

5. Do you know anyone who breaks things or becomes violent when he or she is stressed? Cite a specific incident.
6. It is necessary for someone to have gone through a similar experience in order to help a person who is stressed?