

A background image showing a business meeting. Two people are seated at a wooden table. One person is holding a pen and looking at a laptop screen displaying charts and graphs. The other person is holding a pen and looking at a notepad. A coffee cup is on the table. The image is overlaid with a teal and dark blue geometric design.

NEW BUSINESS ENGLISH 6

Lesson 2

Stress Management



LEARNING GOALS

- ◆ Expressing Your Opinion Concisely



Warm-up

- ◆ What are the causes of your stress?
- ◆ How do you deal with stress?





The manager puts forward some specific techniques to cope with stress.

Manager:

In dealing with job stress, finding ways to relieve it is very important. As the saying goes, "It's not stress that kills us, it's our reaction to it". In most cases, your attitude and thoughts are the real causes. By changing your attitude, stress and **tension** would be reduced and might even disappear. For instance, making one health-related **commitment** can offer you more energy to tackle the challenges you are facing. One small step, such as taking a short break from complicated tasks, can provide a relatively short **distraction** and change of scenery. Similarly, going for a walk around the block improves your mood and mental health. In brief, stress can be managed and reduced with a positive attitude and **practical** techniques.

Read the dialogue and answer the questions.

Manager:

In dealing with job stress, finding ways to relieve it is very important. As the saying goes, "It's not stress that kills us, it's our reaction to it". In most cases, your attitude and thoughts are the real causes. By changing your attitude, stress and tension would be reduced and might even disappear. For instance, making one health-related commitment can offer you more energy to tackle the challenges you are facing. One small step, such as taking a short break from complicated tasks, can provide a relatively short distraction and change of scenery. Similarly, going for a walk around the block improves your mood and mental health. In brief, stress can be managed and reduced with a positive attitude and practical techniques.

Learning Goals

... Expressing Your Opinion Concisely

1 - Opening Phrase or Statement

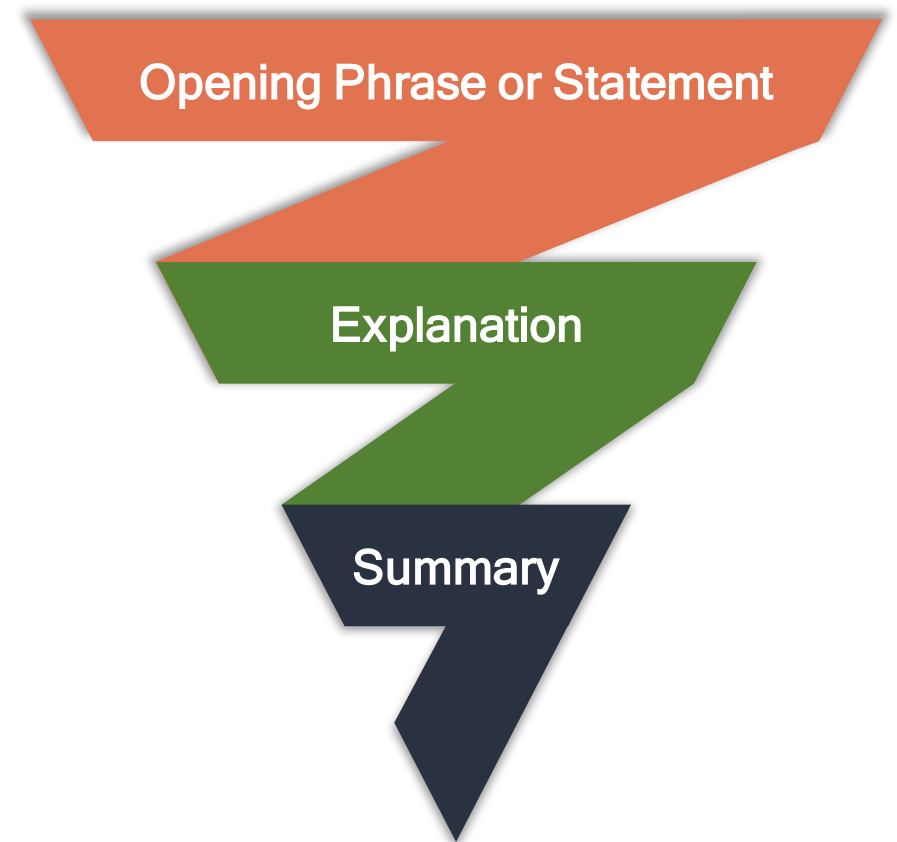
- The opening phrase/ statement states or expresses your opinion.

2 - Explanation

- The explanation clarifies why you hold that viewpoint.
This section may include a quote or an example.

3 - Summary

- The summary brings your discussion to a close.



... Expressing Your Opinion Concisely

1 - Opening Phrase or Statement

- In dealing with job stress, finding ways to relieve it is very important.
- **In my opinion**, de-stressing is very hard to attain.
- **I believe** companies should do their very best to satisfy their employees as they are the reason behind the company's success.

You can also use:

➤ Personal Opinion

- The way I see it...
- In my point of view...
- In my opinion...

➤ General Opinion

- It is said that...
- It is well known that...
- The majority of people believe...



...: Expressing Your Opinion Concisely

2 - Explanation

- As the saying goes, "It's not stress that kills us, it's our reaction to it". In most cases, your attitude and thoughts are the real causes.
- **For instance**, making one health-related commitment can offer you more energy to tackle the challenges you are facing.
- One small step, **such as** taking a short break from complicated tasks, can provide a relatively short distraction and change of scenery.

You can also use:

➤ Quotations

- as the saying goes...
- according to...
- in + (name) words...

➤ Examples

- | | |
|-------------|-----------------|
| • let's say | • for instance |
| • such as | • for example |
| • similarly | • to illustrate |

...: Expressing Your Opinion Concisely

3 - Summary

- In **brief**, stress can be managed and reduced with a positive attitude and practical techniques.
- **As a whole**, stress must be dealt with appropriately.
- **Summing up**, there are numerous methods for dealing with stress. You simply need to select the one that best fits your needs.

Transitional Signals for Summary

- Thus
- In brief
- In short
- Altogether
- As a whole
- Summing up

∴ Expressing Your Opinion Concisely (Example)

“

In dealing with job stress, finding ways to relieve it is very important. As the saying goes, "It's not stress that kills us, it's our reaction to it". In most cases, your attitude and thoughts are the real causes. By changing attitude, stress and tension would be reduced and might even disappear. For instance, making one health-related commitment can offer you more energy to tackle the challenges you are facing. One small step, such as taking a short break from complicated tasks, can provide a relatively short distraction and change of scenery. Similarly, going for a walk around the block improves your mood and mental health. In brief, stress can be managed and reduced with a positive attitude and practical techniques.

”

Oral Practice

Scenario:

You are a team leader, and you have observed that many of your team members struggle with time management, causing them to be more stressed. Discuss with your team how they can effectively manage their time.

∴ Expressing Your Opinion Concisely

1. Opening Phrase or Statement
2. Explanation
3. Summary



Stress Management Tips



Breathe



Socialize



Sleep

Exercise



1. *What other stress management tips do you know?*
2. *What is the worst thing that can happen to people who can't cope with stress?*

Overview

Keywords and expressions:

tension/ commitment
distraction/ practical

Expressing Your Opinion Concisely:

- 1. Opening Phrase or Statement*
- 2. Explanation*
- 3. Summary*

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