stress reduction

compound nouns

1 D THE INTERVIEW Part 1

a Read the biographical information about Jordan Friedman. Would you be interested in participating in one of his stress reduction programs?

Jordan Friedman, also known as "The Stress Coach," lives in New York City and is a specialist in the field of stress and stress reduction. He has been developing stress management programs and resources for individuals, companies, and colleges worldwide for over 20 years, and his client list includes Harvard University, the Massachusetts Institute of Technology, and the New York



City Department of Education. He is the author of *The Stress Manager's Manual*, and his work has been featured by *The New York Times*, *The Wall Street Journal*, and *The Today Show*. Jordan is an expert on student stress, and has developed a program called Stressbusters, which helps nearly 250,000 college students and staff members.

- b \$\infty\$5.21 Watch or listen to Part 1 of the interview. Why does he think it's important to reduce stress?
- c Now listen again. Complete sentences 1–5.
 - 1 The biggest causes of stress are...
 - 2 Compared with 20 years ago, life today is more stressful because...
 - 3 Nowadays we don't have time to...
 - 4 If our immune systems are weakened by stress...
 - 5 If we don't sleep well,...

Glossary

stressor (technical) something that causes stress

the immune system the system in your body that fights infection and disease

punching bag a heavy leather bag on a rope, used by boxers when they train

stroke a sudden serious illness when a blood vessel in the brain bursts or is blocked, which can cause death or the loss of the ability to move or to speak clearly

Part 2





- a **0**5.22 Now watch or listen to Part 2. Mark the sentences **T** (true) or **F** (false).
 - Different people should choose different ways of dealing with stress.
 - 2 The stress management techniques Jordan Friedman mentions all take a minute or less.
 - 3 The most important thing about stress management techniques is to make them a habit.
 - 4 Friedman worked with a student who felt very stressed when he had to drive.
 - 5 The student's classmates suggested that he should travel at a different time of day.
 - 6 The solution to the student's problem was difficult for him to see for himself.
- **b** Listen again. Say why the **F** sentences are false.

Glossary

salad bar a counter in a restaurant where customers can serve themselves from a variety of salad ingredients

walk around the block go for a quick walk near where you live or work in a town or city

subway car a section of an underground train

Part 3

a 05.23 Now watch or listen to Part 3. Do students in your country suffer from similar stress?



- **b** Listen again and answer the questions.
 - 1 At what age do people tend to be most stressed?
 - 2 What main reasons does Jordan Friedman give for student stress?
 - 3 How does stress affect memory? How might this affect students?
 - 4 What two things does the Stressbusters program give students?
 - 5 What feedback have students given about Stressbusters?

Glossary

back rub a short back massage

campus the buildings of a college and the land around them wellness resources facilities for helping people to stay healthy

2 LOOKING AT LANGUAGE

Compound nouns

Jordan Friedman frequently uses compound nouns, e.g., stress response, stress management, etc. Remember that when you hear new compound nouns, the first noun usually describes the second one—this will help you to figure out the meaning.

- Try to complete the compound nouns in these extracts from the interview.
 - 1 "...when you have emails coming in and t messages left and right..."
 - 2 "Stress is really important, and, in fact, it can be a saver..."
 - 3 "Uh, stress contributes to high bl pressure, which contributes to h problems and stroke."
 - 4 "So these are all reasons to really pay attention to our levels and to take action to reduce the stress."
 - 5 "The great thing about stress m like a salad bar."
 - 6 "We can do one-minute br exercises, we can, uh, exercise, we can take a ten-minute walk around the block..."
 - 7 "Stress is a very democratic occurrence, so older people are stressed, c students are stressed, babies get stressed..."
 - 8 "...there's a greater need to get help for, uh, them while in school, but if you're not with your usual network it's even more challenging sometimes to do so."
- **b 0**5.24 Watch or listen again and check.

ON THE STREET

a \$\infty\$5.25 Watch or listen to five people talking about stress. Who do you think is the most / least stressed? Why?











Simon English

Anne American

Jim American

Billy American

Sean English

- b Watch or listen again. Match the people (Si, A, J, **B**, or **Se**) to something they do to de-stress.
 - focuses on a certain part of their body
 - blocks out a particular sound
 - likes to exercise
 - tries to accept the situation
 - tries not to think about anything
- c **1 5.26** Watch or listen again and complete the Colloquial English phrases. What do you think they mean?

1	"to just	_ the sound of the babies
2	"relaxing and being	
	being happy with what is."	
3	experience very little stress, except those rare	
	periods when I'm	a deadline."
4	# 1:1 . C.1	

- 4 "a little stressful trying _____ __ where I lived before I knew exactly what to do"
- 5 "...and every half an hour_ concentrate on relaxing..."

4 SPEAKING

Answer the questions with a partner or in small groups.

- · Are you currently more stressed at work or school, or at home? Why?
- · How stressful do you find the following? Why?

buying clothes driving exams traveling

- If you feel stressed when you get home in the evening, what's the first thing you do to unwind?
- Do you ever have back rubs or massages when you feel stressed? Do they help you?
- · Where would you go for the weekend if you wanted to get away from it all? Why?
- A recent survey found that Greece was the most stressful country in the world to live in, and Estonia the least. Where do you think your country would come in? Why?