

ACADEMIC LYCEUM “INTERNATIONAL HOUSE – TASHKENT”

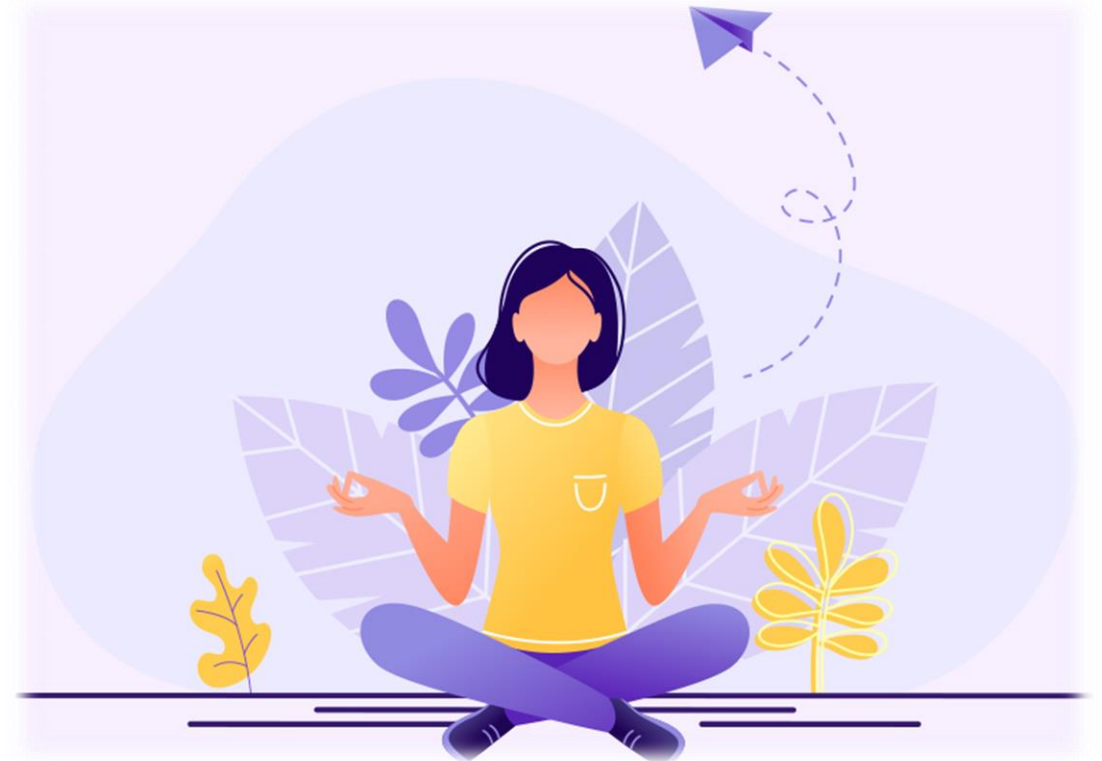


SUBJECT – ENGLISH LANGUAGE

COURSE – 1ST

SEMESTER – 1ST

**THEME – UNIT 2 KEEP CALM!
WORD STRESS
ARE YOU GOOD IN A CRISIS?**



HOW TO STAY *Calm*



BREATHE DEEPLY



GET UP 15 MIN
EARLY



VISUALIZE CALMING
THINGS OR PLACES



HOW
fab



UNPLUG FROM
TECHNOLOGY



AVOID
MULTI-TASKING



GET ENOUGH SLEEP



MEDITATE OR DO YOGA



UNIT 2 KEEP CALM! WORD STRESS ARE YOU GOOD IN A CRISIS?

STAY CALM IN THE STORM

When little things add up and seem overwhelming, take some deep breaths and step back to see the big picture.



WHAT TO DO IN A CRISIS

Whenever you face a stressful situation, your brain sends alarm signals to your body and causes your heart to beat faster and your muscles to tense in preparation for immediate action. However, this reaction can often prevent us from thinking clearly about the best thing to do.

A good skill you can develop is the ability to react calmly in a crisis. By being aware of your body's stress response and training yourself to ignore that initial flood of emotions, you can make decisions based on clear-headed analysis.

- 1 Remember to breathe** – this is easy to forget when you are alarmed or enraged. And breathe deeply! A calmer body helps create a calmer mind.
- 2 Focus on the moment** – don't think about what should have been done differently. Concentrate on solving the immediate problem.
- 3 Think positively** – positive self-talk in a crisis is often helpful. For example, telling yourself how brave you are can help you overcome your fear.

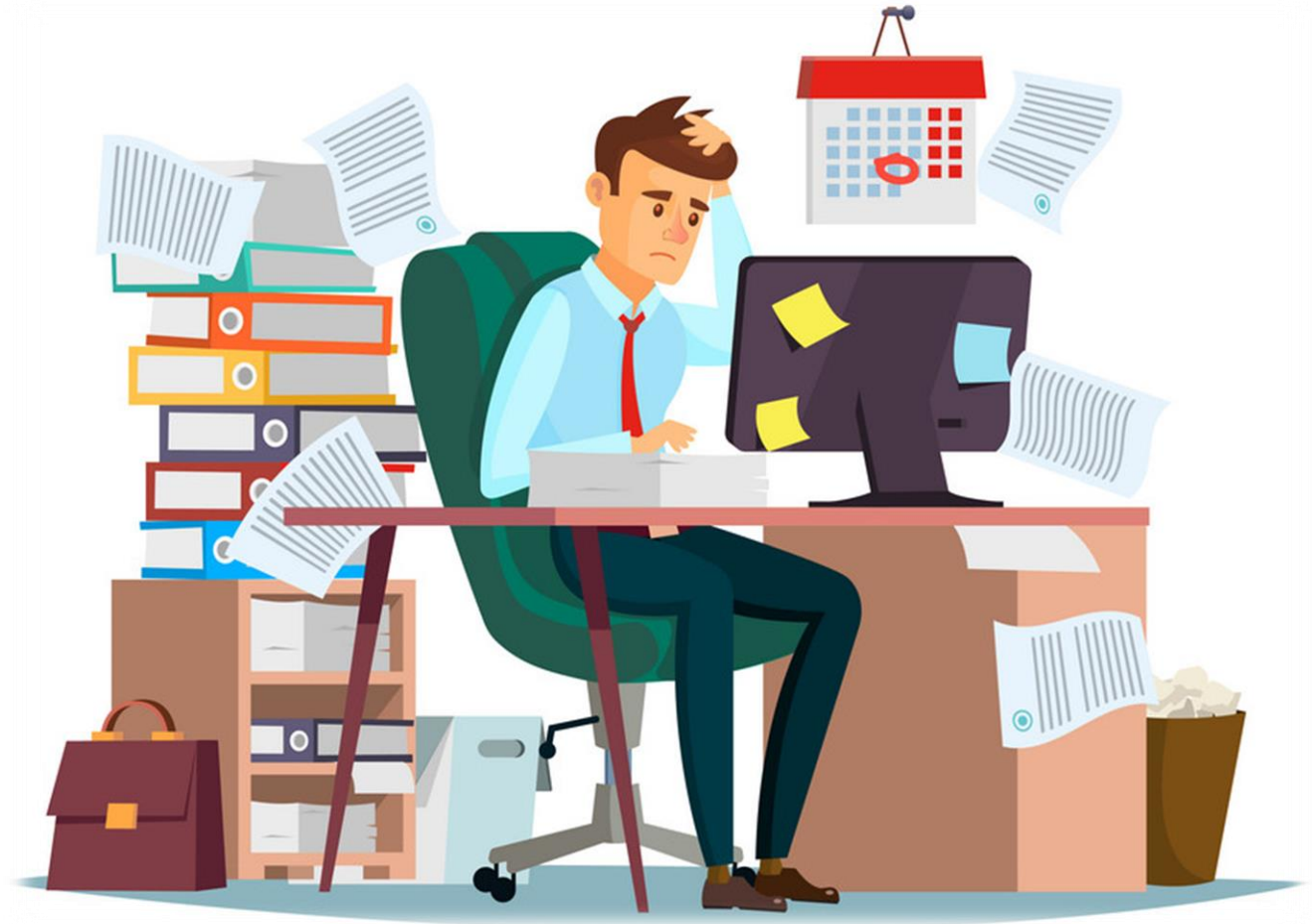
TALK ABOUT STRESS WITH SOME USEFUL IDIOMS AND EXPRESSIONS

You can talk about the feeling of being stressed by saying you are **stressed out** or **wound up**. These are both quite informal expressions so if you want to be more formal, you can say you are **under a lot of pressure/stress**.



TALK ABOUT STRESS WITH SOME USEFUL IDIOMS AND EXPRESSIONS

Work, usually too much of it, is a common cause of stress. When we have too much work to do, we can say we are **snowed under** or **up to our ears in work**. If you feel like you are doing too much work, you can say you are **overworked** and if you stay late after work, you can say you are **doing/working overtime**.



TALK ABOUT STRESS WITH SOME USEFUL IDIOMS AND EXPRESSIONS

If you are feeling too stressed, you might need to relieve your stress by going somewhere to **relax**, **de-stress**, or **wind down**. All these expressions mean the same thing. Once you are relaxed, you can say that you feel **de-stressed** or **calm**.

