

STRESSFUL JOBS

Watch the [video](#) "The 10 Most Stressful Jobs in the World" by CareerAddict.

1 WARM UP

Task 1: Make a list of jobs that have low amounts of stress.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Task 2: Give a brief explanation of why you chose each job, and discuss.



2 VIDEO VOCABULARY

Match the words in the box to their definitions below.

alert 4	cut-throat 1	mishap 2	scandal 8
Liaise 3	traumatic 5	composed 6	straightforward 7

Definitions:

1. competing in a strong & unfair way, without considering any harm caused to others.
2. an unlucky accident.
3. to exchange information with someone who works in another organisation.
4. quick to see, understand, and act in a particular situation.
5. something that is very upsetting, painful, or disturbing.
6. having one's feelings and expression under control; calm.
7. something is easy to do or understand, not complicated.
8. a disgraceful action or event.

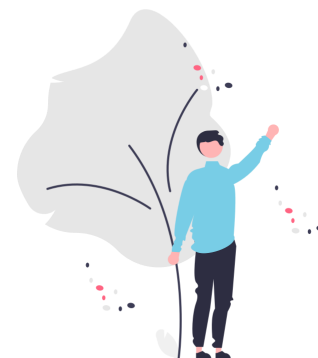
Task:

After matching the words to their definitions; use the words in sentences, stories or questions to each other to create lively discussions.



3 DISCUSSION QUESTIONS

Read and discuss each question about the video as a class.



1. What is your job title? Describe your responsibilities.
2. Describe the positive aspects of your job.
3. Describe the negative aspects of your job.
4. Which aspects of your job are stressful?
5. Describe the responsibilities of an air traffic controller. **They monitor the movement of planes and direct pilots from the ground. They need to alert pilots when problems arise.**
6. Why do air traffic controllers have to be alert? When do you have to be alert?
7. What is a phlebotomist? **Collect blood from patients for tests, transfusions or donations.**
8. What aspects of the job are not straightforward? Would you like to have a job in which all of the duties and responsibilities were straightforward? **Phlebotomists have to collect a lot of samples, send for analysis and deal with difficult customers, all of which make the role not straightforward.**
9. Describe what an event-coordinator does? **They are responsible for arranging big events for people or companies.**
10. What mishaps can happen while working as an event-coordinator? Describe common mishaps that occur in your professional life.
11. In your own words, describe what a PR executive does. **They are responsible for the reputation of their clients or the company they work for.**
12. What is stressful about this role? **They have to work many hours (not typical 9-5) and they have to diffuse any scandals.** Do you ever have to “work around the clock”?
13. Describe the responsibilities of a 911 dispatcher. Who do they have to liaise with? **They are responsible for answering emergency calls and they liaise with police officers / other emergency workers.**
14. Why is it important for 911 dispatchers to remain composed? In which aspects of your job do you have to remain composed? **They have to remain composed to guide their callers through the next steps.**
15. Would you like to be an airline pilot?
16. What is stressful about working as an airline pilot? **Being the sole person responsible for people's safety is stressful. Also, last-minute changes to schedules and long hours are stressful too.**

17. Did you want to be a firefighter when you were a child?
18. How does being a firefighter take its toll on a firefighter's personal life? **They risk their lives on a daily basis, the stress of the unknown, extreme danger, and last minute shift changes are all going to impact your mental health - which will take a toll on one's personal life.**
19. How was a health care worker's job more stressful during the pandemic? **They risked their lives by working with people who had a contagious disease. Also, there was a huge increase in patients and not enough staff or resources.**
20. Describe the responsibilities of a police officer. **Their main duties are to stop criminals, and protect the public.**
21. How can working in the military be traumatic? **Being away from home, often for months at a time, in war zones can be traumatic.**
22. From the video, why is working in the military ranked as the most stressful job? **The fear of injury and death cause anxiety and PTSD.**
23. Which of the jobs from the video would you most like to do?
24. Which of the jobs from the video would you least like to do?
25. Would you like to work in a cut-throat industry? What industries are cut-throat?
26. How many jobs have you had in your lifetime?
27. Which one was your favourite job and which one was your least favourite job?
28. What is your dream job?
29. What do you think about a 4-day work week? Would this decrease stress?
30. To minimise stress, should people work from home more? Explain.
31. Do you think that employees should have the right to unionise to ensure employers don't put too much stress on their employees?
32. Are you a member of a worker's union?
33. Do you think it's essential to get a university degree to find employment these days?
34. What are some of the highest paying jobs in your home country?
35. What are some of the most popular jobs in your culture?



4 LET'S DEBATE

Study the statements, then decide if you agree or disagree with them. Use the language in the table at the bottom of the page to help structure your answer.

John


Work stress is just an excuse for poor time management.

Oli


Work stress is a necessary evil for achieving success.

Beth


All companies should give training courses on how to deal with stress in the workplace.

Amy


Management should ensure that stress on employees is minimised whenever possible.

Express an opinion It seems to me that... I feel that... I'm absolutely convinced that... In my opinion,... I believe / suppose / feel (that)...	Express disagreement I don't agree with you about... I can't accept your view that... I have a different opinion... I'm not sure if... I'm not convinced that...
Express pro's and con's There are two sides to this point... On the one hand...,on the other hand... An argument for / against is... Some people think that...,others say that... The advantages / disadvantages are...	Summarise So, in conclusion... To summarise.. Overall, it is clear that... As a result.. The bottom line is...

HOMework

1 HOW TO DEAL WITH STRESS AT WORK

Task 1: Read the following article, then complete the question on the next page.

Workplace stress can be overwhelming, affecting both our physical and mental well-being. If you find yourself feeling stressed at work, don't worry; you're not alone. Fortunately, there are some simple tips that can help you manage and reduce stress, making your work life more enjoyable and productive. Let's explore four effective strategies to cope with stress at work.

1. Take Regular Breaks. When you have tight deadlines, taking breaks might seem wrong. However, stepping away from your desk and giving yourself short breaks can do wonders for your stress levels. Even a five-minute walk or a deep-breathing exercise can help clear your mind and reduce tension. If possible, try to take a longer break during lunchtime, so you can recharge and come back with renewed energy.

2. Prioritise and Organise. Take a moment to prioritise your workload and organise your tasks. Create a to-do list and rank items based on their urgency and importance. This way, you can focus on completing one task at a time without feeling overwhelmed. As you accomplish each task, you'll experience a sense of

achievement, which can alleviate stress and boost your confidence.

3. Communicate and Seek Support. Don't bottle up your feelings of stress; instead, share your concerns with a trusted colleague or supervisor. Communication is essential, and sometimes talking about your stress can help lighten the burden. If possible, collaborate with your team to share the workload, so you don't feel like you're carrying the weight alone. Seeking support from your co-workers can create a positive work environment and improve team morale.

4. Practice Mindfulness and Relaxation Techniques. Mindfulness and relaxation techniques can be powerful tools in combating work-related stress. Take a few moments each day to practice mindfulness exercises, such as deep breathing, meditation, or yoga. These activities can calm your mind, reduce anxiety, and increase your focus. Find a quiet spot during breaks or at the end of the day to practice these techniques and let go of the tension.



Task 2: Research different synonyms for the following words.

1. overwhelming.
2. stepping away.
3. reduce tension.
4. bottle up.
5. lighten the burden.
6. team morale.



Task 3: Write a series of sentences or a short story using each word listed above.

Task 4: Write detailed answers to the following questions.

- a. Have you experienced workplace stress, and how do you deal with it?
- b. Do you think taking breaks during tight deadlines can be helpful in managing stress?
- c. How do you prioritise and organise your tasks to reduce stress at work?
- d. Have you ever talked about your stress with colleagues? Did it make a difference?
- e. Are you familiar with mindfulness or relaxation techniques, and do you use them to cope with stress?
- f. How important is support from your team in managing workplace stress?
- g. What other strategies do you use to handle stress at work?
- h. Are there any specific triggers of stress in your workplace, and how do you address them?
- i. Should employers provide stress management resources for their employees?
- j. How can workplaces create a stress-reduced environment for their employees?

