

## Scénario : stress at work

Text adapted from *msnbc.msn.com*

Tick the right sentence(s):

- ☐ Stress is always negative because it accelerates heart beats
- ☐ Stress is good only when you get frightened and escape a danger
- ☐ Stress is good only in small quantity
  
- ☐ Stress is an alert that you will have a heart attack
- ☐ Stress makes your body stronger
- ☐ Stress makes you body react instinctively
  
- ☐ With a small quantity of stress you respond better to situations
- ☐ Even with a small quantity of stress you do not keep control of situations
- ☐ With a small quantity of stress you feel no satisfaction

How can you call “a small quantity of stress”?..... (one word)

Stress becomes ‘bad’ according to: ☐ quantity ☐ quality ☐ duration

Name the physical and mental effects of ‘bad’ stress:

.....  
.....

- ☐ People are equal as regards stress
- ☐ Everybody feels stress
- ☐ People feel stress in various ways

What people have to do is ☐ cancel stress    ☐ control stress    ☐ wait for stress to leave

Explain in French the words and sentences from the text:

- needed-it-yesterday deadline

.....

- first and foremost

.....

- there’s the rub

.....

- mental foginess

.....

- a double-edge sword

.....

- to channel

.....