

## Scénario : stress at work

Text adapted from *helpguide.com*

### Introduction:

What are the two types of stress mentioned?

1:.....

2:.....

In your opinion where does the first one come from?

.....

What are the impacts of stress?

.....

What is the aim of the text?

- ☐ present testimonies of people stressed at their work
- ☐ give advice to avoid the dangers of stress
- ☐ present government decisions against stress at work

### Part 1

*Signs and symptoms: find with the equivalent in French*

- Anxious, irritable or depressed:.....
- Apathy, loss of interest in work:.....
- Problems sleeping:.....
- Trouble concentrating: .....
- Muscle tension or headaches:.....
- Stomach problems:.....
- Social withdrawal:.....
- Loss of sex drive:.....
- Use of alcohol or drugs to cope:.....

Personally, which symptoms have you recognized? Are you stressed in your studies?

.....

*Common causes: match with the correct rephrasing*

Fear of layoffs	*	<	there are less employees and thus you have to work extra hours
Increase demands for overtime due to staff cutbacks	*	<	You are asked to be at your best without breaks
Pressure to perform to meet rising expectations but with no increase in job satisfaction	*	<	anxiety because you can be fired
Pressure to work at optimum level all the time	*	<	you are asked to improve your work but you do not feel better

### Part 2

Reducing job stress by... complete the chart reformulating the pieces of advice

	What to do	Consequence
1		
2		
3		
4		

### Part 3

Quote the part of the text which explains that managers are really important in reducing stress at work:

.....

Explain in French the following words and sentences from the text without a dictionary:

- **One step at a time**

.....

- Taking care of yourself doesn't require a total lifestyle **overhaul**

.....

- **make you feel like you're back in the driver's seat**

.....

- self-control and **self-confidence**

.....

- **defuse** tension and stress.

.....