

### Scénario : Stress at work

CO : vidéo « How to reduce stress at work »

<http://www.videojug.com/film/how-to-reduce-stress-at-work>

Answer the questions:

- a) Which country is concerned ?
- b) How many people are concerned?
- c) How often do they feel stressed?

Reorder and find the title:

4	<b>Why don't you</b> give some work to somebody else instead of doing everything yourself	DELEGATE
	<b>Don't</b> argue with people, if someone tries to fight with you, leave the room	
	<b>You should</b> try to list all you have to do starting with what you don't fancy doing, keeping what you enjoy for the end	
	<b>You'd better</b> take some distraction sometimes, <b>have</b> a cup of coffee or enjoy yourself with your workmates.	
	<b>You'd rather</b> say no when asked to do too much work, you would seem aware of your limits.	
	<b>You shouldn't</b> exaggerate things, when under pressure people see things worse than they really are	
	<b>Organize</b> your working place according to your taste and <b>keep</b> it tidy and comfortable	

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