

《高中英语（上外版）》选择性必修第三册 Unit 1 Fighting Stress

课时：第六课时 教学内容：Critical Thinking

课型：思辨（读写融合）课 设计者：复旦大学附属中学 殷铭

一、教学设计与说明

1. 教学目标

本课为本单元的第六课时，核心目标为引导学生在基于课内外语篇的读写活动中，利用批判性思维，通过小组合作和信息筛选，有效对比应对压力的不同策略，从而了解应对压力的有效方法，树立正确、健康、积极的应对压力的观念。

2. 设计思路

本课为本单元的第六课时，旨在引导学生在课外补充阅读材料的阅读与信息筛选过程中，结合本单元已有知识储备，合理进行归纳总结与辩证思考，从而找到科学健康应对压力的方法策略。首先，带领学生核对课前完成的学习任务单 1，将本单元与压力有关的基本概念和信息点进行梳理，为后续课堂活动的开展做好铺垫；接下来通过小组合作的方式，鼓励学生将补充阅读材料中，应对压力的不同方式进行筛选归纳，并按照是否健康进行分类，根据提示和引导，完成学习任务单 2；引入观点表述时的常用句型、步骤与说理策略，鼓励学生从学习任务单 1 和 2 中列出的众多应对压力的方法策略中，分别选择 3 个健康策略和 3 个不健康策略，并挑选其中一个不健康策略展开批判性论述，体现批判性思维；最后通过口头展示，实时掌握课堂学习成果。

由于本堂课带领学生循序渐进地对压力的方方面面进行了梳理，尤其是就应对压力的策略进行了分析比对，在内容方面做好了较为充分的准备；同时又通过引入辩证思考与论述时的句型、步骤和策略，帮助学生在语言层面也进行了系统的提升。因此本堂课后，要求学生们将课堂上所学落实到书面表达上，根据给定的情境，给被压力所困扰的 Andy 回一封信，帮助他分析症状，给出科学健康的压力应对建议。

3. 重点难点

有效区分并论证应对压力的不同方式，掌握辩证说理的常用句型和步骤方法，形成科学合理的应对压力的健康意识。

Lesson Plan

By the end of this period, students will be able to:

1. classify healthy and unhealthy solutions to excessive stress according to a given passage and demonstrate reasons critically;
2. familiarize themselves with useful expressions, steps and tactics during demonstration to make it more logical and reasonable;
3. find out healthy and scientific ways to deal with stress and raise their awareness of a healthy and balanced lifestyle.

Procedures:

I. Interactive activity 1: Summarizing basic information about stress according to the unit

*T: Show students the specific case of Andy who is now suffering from excessive stress and wrote a letter to ask for help. Ask students to find out basic information about stress from the content in this unit and make primary preparation for further exploration.

*Ss: Complete Worksheet One before class and share their answers with the whole class to have a check and make improvements.

Purpose: To get familiar with every aspect of stress and make full preparations for exploration of more solutions to stress.

Guided questions:

1. What's the definition of stress according to Reading A in this unit?
2. What are the differences between good and bad stress? Please illustrate your ideas with examples.
3. What are the physical and mental reactions to excessive stress?
4. What kinds of healthy ways to deal with stress did you learn from this unit? Could you infer the unhealthy ways from healthy ones?

Worksheet One—About stress	
1. Definition of stress	Stress is what you feel when you are worried or uncomfortable about something and it is a state that makes you feel terrible both physically and mentally.
2. Differences between good stress and bad stress (with	Good stress: When you are called on in class or when you have to give a presentation, you

examples)	<p>may be anxious or nervous, with blank brain and sweaty hands. It will encourage you to get full preparations for your work and finish your assignments better.</p> <p>Bad stress: It will arise when the stressful feelings last for a long period. For example, when your families or relatives have problems in their health conditions, when your academic performance at school is not satisfying enough, or when you are going through several defeats or frustrations, stress will be around the corner and make you sick instead of helping you get things done.</p>
3. Body's response to stress	feel physically bad, fast heartbeat, sweat, feel sick, shake, feel hot, stomachache, have trouble sleeping, a terrible headache, have trouble in sleeping or eating (either too much or too little), have trouble in concentration and memory, check something repeatedly,
4. Emotions that stress may cause	feel angry, frustrated, scared or afraid, feel anxious for no reason
5. Healthy ways people try to handle their stress	<ol style="list-style-type: none"> 1) Try talking about the issues that bother you at present and expressing your dilemmas as well as your feelings to an adult you trust; 2) Have a balanced life which includes enough and sound sleep, healthy and balanced diet, relaxation exercises and adequate time for fun stuff; 3) Admit that a situation is stressful; 4) Get treatment and consult a professional; 5) Additional solution(s): take deep breath anytime
6. Unhealthy ways people try to handle their stress (infer from healthy ways given in the unit accordingly)	<ol style="list-style-type: none"> 1) Try keeping stress all inside and avoid talking about the issues that really bother you to anyone; 2) Lead an unbalanced life which includes inadequate sleep, unhealthy diet/picky eating, no time for fun stuff and no relaxation exercises; 3) Refuse to admit that you are now going

	<p>through/experiencing great pressure</p> <p>4) Not willing to consult a professional and get guidance and treatment;</p> <p>5) Additional solution(s): hit the wall, drink alcohol, withdraw from activities, avoid thinking of the problem</p>
--	--

II. Independent activity 2: Finding out more healthy and unhealthy solutions to stress based on extra reading materials

*T: Divide the whole class into five independent groups and ask each group to be responsible for a given passage or some specific paragraphs (*two groups for passage one*) to summarize more solutions to stress and then classify them into healthy and unhealthy ones. Then encourage students to complete Worksheet Two within each group.

*Ss: Scan the given materials quickly and find out solutions accordingly. Then finish the form cooperatively based on their findings and share the answers with the whole class.

Purpose: To select and gather information reasonably and classify information critically.

Guided questions:

Could you find out or infer more healthy and unhealthy solutions to stress from the given reading material? Try to scan the text and make conclusions with your group partners.

Worksheet Two——Solutions from extra materials		
Source	Healthy solutions	Unhealthy solutions (inference)
<i>Do what you love: Subtitle 1</i>	1. Measure periodical and small targets, write them down and appreciate little accomplishments (make progress step by step)	Focus on a big or the final goal far away
<i>Do what you love: Subtitle 2</i>	2. Surround yourself with things inspiring you and reflecting your goals and make inspiration part of your life to help you get out of the trap	Surround yourself with people and things bringing you great pressure
<i>Do what you love: Subtitle 3</i>	3. Work less by eliminating unnecessary tasks to save energy, by taking strategic breaks, by stopping multi-tasking and focusing on one issue at a time and by seeking help from other people	Try to finish all missions without selection, keep working without relaxation, be a multi-tasker and arrange you time unreasonably, hide everything inside and refuse to talk to others or try to handle everything on your own
<i>Do what you</i>	4. Reexamine your goals and make	Work out ambitious objectives far

<i>love: Subtitle 4</i>	them more realistic and practical	beyond your competence
<i>Do what you love: Subtitle 5</i>	5. Get more sleep	Put things off throughout the day and stay up late due to procrastination
<i>Do what you love: Subtitle 6</i>	6. Make yourself slow down by sparing some time away from distraction, by listening to healing music and by making your to-do list shorter and flexible	Speed up to finish as many tasks as possible without stop
<i>Do what you love: Subtitle 7</i>	7. Take others' advice and persuasion seriously and make adjustment accordingly	Stick to your own viewpoint and refuse to admit that you are under great pressure
<i>Do what you love: Subtitle 8</i>	8. Set clear boundaries and make them public	Allow stress in particular aspects to interfere in your daily life and to leave bad influences on your personal life
<i>Do what you love: Subtitle 9</i>	9. Focus on what you are doing without distraction	Be half-hearted or be of two minds and always think about your stress
<i>Do what you love: Subtitle 10</i>	10. Release your feelings (stress)	Keep your emotions (stress) inside and refuse to share with others
<i>Do what you love: Subtitle 11</i>	11. Put less emphasis on your stress and try to make it through	Use stress as an excuse for your unsatisfactory performance and give in to it
<i>Do what you love: Subtitle 12</i>	12. Never lose heart and keep going	Yield to the stress
<i>Fight-or-flight</i>	13. 【female】 tend: shift attention to others (eg. children)	【male】 fight: verbal or physical conflict
	14. 【female】 befriend: seek social contact and support (ask for guidance)	【male】 flight: withdraw from stressful situation (be left alone to enjoy peace and quiet)
<i>The law of the garbage truck</i>	15. Face up to the outside stress, forget it as quickly as possible and not be affected by it	Surround us with people and things that make us feel stressed and spread stress by complaining to others
<i>Relax after work: Subtitle 1</i>	16. Take a bath or at least a hot shower to relieve stress and soothe your muscles	
<i>Relax after work: Subtitle 2</i>	17. Light a candle to create a calm and relaxing environment so as to reduce stress, anxiety and insomnia	
<i>Relax after</i>	18. Go for a walk for about 20	

work: Subtitle 3	minutes	
Relax after work: Subtitle 4	19. Stretch so that you won't feel as tight and achy as you used to and keep you working hard and feeling great	
Relax after work: Subtitle 5	20. Enjoy a light read freely and casually to help you feel relaxed and forget the woes	
Relax after work: Subtitle 6	21. Write diaries to keep track of goals and inspiration	

III. Independent activity 3: Introducing useful expressions, steps and tactics during demonstration

- *T: Ask students to sort out the two different types of solutions according to Worksheet One and Two.
- *Ss: Choose three effective and healthy solutions to Andy's symptoms and three unhealthy ones.
- *T: Introduce several useful expressions, steps and tactics when someone wants to illustrate his or her ideas more logically and reasonably. Give an example for students' reference.
- *Ss: Select one unhealthy solution among the above three for further demonstration.

Purpose: To get prepared in terms of language and pattern for the further production and presentation.

Guided question:

What are the three main healthy solutions and unhealthy solutions to Andy's stress? Could you select one unhealthy way among the above to make a demonstration and show your critical thinking?

Useful expressions

Stating your viewpoint about and attitude towards a particular solution:

... is absolutely/somewhat wrong/improper/inappropriate.

I wouldn't go along with the idea/solution that...

I'd be inclined to disagree with the idea that....

That's not the way we should deal with stress.

Analyzing the possible effects/ consequences of unhealthy solutions:

【rhetorical question】 Don't you think it would lead to ...?

【hypothesis】 If I were you, I would/would not...because...

I was wondering what the potential result of ... would be in the long run.

It may work to some extent, but you fail to consider the effect of...

What are your thoughts on the potential risks of...?

Working out healthy solutions instead to excessive stress and offering explanations:

【hypothesis】 If it were up to me, I would...

The way I see it is (that) ...

As for me, I reckon that ...

【illustration】 A recent study has shown that...

I suggest/advise/propose/recommend that you should ...

【comparison】 Compared with A, B is much better/healthier/a better alternative.

【comparison】 Contrary to A, B can...

Conclusion:

Let me repeat/rephrase what I said.

After careful consideration/discussion, I must conclude that...

That's all I am able to work out/put forward.

【demonstration example】

I wouldn't go along with the idea that we speed up to finish as many tasks as possible without stop.

I was wondering what the potential result of pushing ourselves to do demanding and endless work would be in the long run. Don't you think it would lead to a higher level of anxiety and nervousness in addition to our existing restlessness? Don't you think it would rob us of our time, freedom, wisdom and inspiration to reflect on what we are doing at the moment and make adjustment reasonably? If it were up to me, I would turn to another solution, that is, to make myself slow down by listening to some healing music or making my to-do list more flexible and rational. Contrary to the former one, the latter one can help us keep a stable and sound attitude and manage our time more effectively. Therefore, after careful consideration, I must conclude that we'd better slow down to enjoy the preparation process instead of forcing ourselves to finish every mission, necessary or unnecessary, without any relaxation.

IV. Interactive activity 4: Illustrating your ideas about the solutions to stress

*T: Ask students to work in groups to present their own versions of demonstration, following the given steps and using the suggested expressions, tactics as well as information in Worksheet One and Two.

*Ss: Discuss in groups and then present their own version in front of the whole class.

Purpose: To help students consolidate what they learned in this class and make preparations for the after-class writing assignment.

For students' reference(content):

Healthy solutions	Unhealthy solutions
Measure periodical and small targets, write them down and appreciate little accomplishments (make progress step by step)	Focus on a big or the final goal far away or work out ambitious objectives far beyond your competence
Admit and face up to the outside stress, forget it as quickly as possible and not be affected by it	Surround us with people and things that make us feel stressed and spread stress by complaining to others
Work less by eliminating unnecessary tasks to save energy, by taking strategic breaks, by stopping multi-tasking and by focusing on one issue at a time	Try to finish all missions without selection, keep working without relaxation, be a multi-tasker and handle everything on your own
Share your feelings with an adult you trust or consult a professional to get treatment;	Keep your emotions (stress) inside and refuse to share with others to get guidance and treatment;
Make yourself slow down by sparing some time away from distraction, by listening to healing music and by making your to-do list flexible	Speed up to finish as many tasks as possible without stop
Focus on what you are doing without distraction	flight: withdraw from stressful situation (be left alone to enjoy peace and quiet)
Have a balanced life which includes enough and sound sleep, healthy and balanced diet, exercises and adequate time for fun stuff;	Put things off throughout the day and stay up late due to procrastination
take a bath, enjoy a light read, write diaries, take deep breath	hit the wall, drink alcohol, cry

V. Assignments:

1. Students should summarize four steps, particular expressions and tactics in critical thinking and demonstration;
2. Students are encouraged to list several healthy solutions to dealing with stress.
3. Writing assignment: students are required to write a letter to Andy in response, offer him effective solutions to stress and make comparisons between healthy and unhealthy solutions using the steps, sentences and tactics learned in class.

Appendix

Additional reading one——*Do what you love*

“Do what you love.” We’ve all heard this advice before. It’s great advice, though not many people truly take it to heart.

But sometimes doing what you love isn’t enough to keep you going. Inspiration, passion, and motivation are difficult things to hold on to. They always seem to slip away right when you need them most.

You know that feeling. Where you're that close to finishing a project, or achieving a goal, or crossing a task off your to-do list ... but you just can't muster (聚集) the energy. You've lost interest. You're exhausted. And you don't know why.

That's stress. It's something many of us are all too familiar with. I'd like to share with you a few ways that I fight stress – or prevent it from catching me in the first place.

1. Achieve in increments (增量, 增加). When you only focus on a big goal someday, it's easy to get stressed by the daily grind. It's like driving toward a mountain in the distance. You can drive for hours, but the mountain doesn't seem to get any closer. And spinning (旋转) your wheels makes you feel tired easily.

The solution is to give yourself a way to measure and record every little step forward you take. Here's how:

Get a journal, notebook, or calendar. Writing things down is important.

Identify milestones on the road towards your goal. If you're writing a book, you could treat each chapter as one milestone. Or, even better, treat each 500 words or 1000 words as a milestone.

Learn to appreciate the little accomplishments. Let yourself enjoy the feeling of getting things done.

2. Train your muse. The best way I've found is immersion (沉浸). Surround yourself with things that inspire you and reflect your goals. Great composers listen to music. Great authors read voraciously. Great marketers attend seminars. And so on. Immersion trains your mind to work efficiently in the ways you need it to.

The more that your inspiration becomes a part of your life, the less likely it is to run out when you need it most. With that in mind, be creative.

3. Work less. Cut down on the amount of energy and time you spend working. If you have sick days or vacation days left, take advantage of them. Or, if you're self-employed, force yourself to work fewer hours each day – even if that means turning down new projects.

Working less doesn't mean you have to slack off (偷懒) or get less done. It does mean that you:

Eliminate unnecessary tasks.

Take strategic breaks.

Stop multi-tasking.

Seek help from other people.

4. Define success realistically. There's absolutely nothing wrong with having big dreams and big ambitions. But if you're constantly frustrated by a lack of progress, it might be time to take a step back and examine your goals. Are they achievable? Are you holding yourself to a reasonable timeline?

Here's a good way to do this. Get a piece of paper and write down your big, ambitious goal. Then write down at least 10 specific, concrete steps that will allow you to achieve that goal. Be

as detailed as possible. If you can't come up with a series of down-to-earth steps to get you from here to your dream, that's a sign that you need to either redefine your goals or rethink the way you're pursuing those goals.

5. Get more sleep. You've heard this before, I know. So have I. But that didn't stop me from going against my better judgment and tiring myself out by staying up late to work. Getting enough sleep takes a conscious decision – and, just like any good habit, takes time to develop.

One of the biggest barriers for me in this area is procrastination 拖延症. I have a tendency to put things off throughout the day, then stay up later as a result. What's keeping you from getting the rest you need?

6. Take it slow (er) . The world tells us to rush things: "Get there faster. Make money quicker. Retire sooner." And while these things aren't necessarily bad, they can easily get us in over our heads (晕头转向) . If you're feeling stressed and overwhelmed, it's time to slow down.

A few ways to take yourself out of 24/7 high gear:

Spend at least 10 minutes a day in a quiet place, away from distractions. Breathe.

Put together a playlist of slow, relaxing music. Listen to it whenever you start feeling frazzled (疲惫而烦躁的) .

Take a butcher knife to your to-do list. Set a limit to the number of tasks you take on each day and stick to it.

Extend your deadlines. Do you absolutely, positively have to get this done now? Just remember – this isn't an excuse to procrastinate.

7. Get a second opinion. It's hard to spot stress from the inside. Your close friends and family are likely to identify the signs of stress long before you do. So listen to what they're saying. The next time your spouse, parent, or best friend tells you you're working too hard, take it seriously.

8. Set clear boundaries. Stress happens when we allow work to overflow its boundaries and interfere with every other part of our lives. So set strong boundaries. The clearer the better. In writing, if possible.

For example, instead of saying: "I'll spend three hours every night with my family," make it clearer: "I won't work after 8 o'clock. That's 100% family time." Clear boundaries are easier to stick to and harder to rationalize away.

Once you've set up your boundaries, make them public. Let your family know that you've set aside time just for them. They'll hold you accountable to your promises. Let your clients know that you'll be unavailable during certain hours. This will reduce the temptation to fudge (回避) on your boundaries.

9. When you're working, focus. I've found that concentrating on work is actually less exhausting than allowing yourself to be wishy-washy (稀里糊涂的, 不坚定的) about it. When you decide that it's time to work, buckle down (倾尽全力) , eliminate distractions, and do it wholeheartedly. There's something amazingly refreshing about pure, sharp focus.

10. Create outlets (出口, 表现机会) . If you're a person of diverse interests, it's likely that you have several very different goals and ideas bouncing around in your head at any given time. These ideas need outlets. If you hold them inside, they'll eventually start interfering with your focus and creating unnecessary frustration, leading to pressure.

11. Know when to power through (撑过去) it. This is going to sound out of place given what I've said above, but it's powerful – if applied correctly. Sometimes the solution for stress is just to power through it. Sometimes stress can be an illusion. In these cases, the best choice is to refuse to use stress as an excuse, ignore the fact that you feel stressed, and just work through it.

12. Never accept defeat. Stress is an obstacle like any other. It can hold you back for a while, but it's not the end of the world – unless you let it defeat you.

If you have a great goal in mind, don't give up on it, no matter how stressed, exhausted, or frustrated you might feel. If everything I've said up until this point fails, do this: hold on to your dream – even if it doesn't feel like much of a dream at the moment. Hold on to it anyway. That way, when the storm clears, your dream will still be intact (完好无损的), ready for another try.

Additional reading two——*Fight-or-flight*

Researchers in the psychology department at the University of California at Los Angeles (UCLA) have discovered a major difference in the way men and women respond to stress. This difference may explain why men are more likely to suffer from stress-related disorders.

Until now, psychological research has maintained that both men and women have the same "fight-or-flight" reaction to stress. In other words, individuals either react with aggressive behavior, such as verbal or physical conflict ("fight"), or they react by withdrawing from the stressful situation ("flight"). However, the UCLA research team found that men and women have quite different biological and behavioral responses to stress. While men often react to stress in the fight-or-flight response, women often have another kind of reaction which could be called "tend and befriend." That is, they often react to stressful conditions by protecting and nurturing their young ("tend"), and by looking for social contact and support from others - especially other females ("befriend").

Scientists have long known that in the fight-or-flight reaction to stress, an important role is played by certain hormones released by the body. The UCLA research team suggests that the female tend-or-befriend response is also based on a hormone. This hormone, called oxytocin (催产素), has been studied in the context of childbirth, but now it is being studied for its role in the response of both men and women to stress. The principal investigator, Dr. Shelley E. Taylor, explained that "animals and people with high levels of oxytocin are calmer, more relaxed, more social, and less anxious." While men also secrete (分泌) oxytocin, its effects are reduced by male hormones.

In terms of everyday behavior, the UCLA study found that women are far more likely than men to seek social contact when they are feeling stressed. They may phone relatives or friends, or ask directions if they are lost.

The study also showed how fathers and mothers responded differently when they came home to their family after a stressful day at work. The typical father wanted to be left alone to enjoy some peace and quiet. For a typical mother, coping with a bad day at work meant focusing her attention on her children and their needs.

The differences in responding to stress may explain the fact that women have lower frequency of stress-related disorders such as high blood pressure or aggressive behavior. The tend-and-befriend regulatory system may protect women against stress, and this may explain why women on average live longer than men.

Additional reading three——*The law of the garbage truck*

Do you sit next to a whinging (气愤抱怨的) workmate who constantly moans (呻吟, 抱怨) about fellow colleagues, workload or politics?

Do you listen patiently while she worries about bosses, boyfriends or boring bank issues?

If you do, you could be suffering more than just absent ear. As a new study reveals, we can actually "catch" other people's stress.

Professor Elaine Hatfield, a psychologist from the University of Hawaii, discovered that stress can be as contagious (感染性的, 会蔓延的) as a cold, and that "passive" or second-hand stress and anxiety can quickly spread around the workplace.

"People seem to be capable of mimicking (模仿) others' facial, vocal, and postural expressions with stunning (令人震惊的) rapidity," Hatfield said.

"As a consequence, they are able to feel themselves into those other emotional lives to a surprising extent."

Prof. Hatfield's study found that we are effectively sponges, soaking up so-called emotional contagions emitted by those around us.

As we absorb other people's stress, we can begin to feel stressed too - and to focus on issues that might be troubling us.

In part, we take on our friend or colleague's stress in an attempt to identify with them, but also because the constant stream of discontent poured into our ears acts as a depressant, turning our minds to negative thoughts.

And Professor Hatfield found that not only do we take on other people's negative thought patterns, we can also start to subconsciously take on their stressed-out body language, causing us to hunch (弓背, 耸肩) our shoulders and furrow (皱眉) our brows when we talk to them.

"In conversation, people automatically and continuously mimic their movements with the facial expressions, voices, postures, movements, and instrumental behaviors of others," Professor Hatfield says.

"Women are more at risk because they tend to be more in tune to other people's feelings."

.....

Actually many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you.

Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so love the people who treat you right and pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it.

Additional reading four—*Relax after work*

Many of us blur the line between our private and professional lives, but we know that it is important to have a little rest and recuperation (恢复, 复原) every now and then, even if only for a few short minutes. Here are some tips to help you reduce your stress and let go after a long day in the office.

1. Take a bath: Nothing beats the feeling of a warm bath. Soaking in bath salts (浴盐) will help relieve stress and soothe your muscles, allowing your body to unwind after a long day on the job. Don't have a bath? A hot shower works wonders too!

2. Light a candle: Sounds simple, but candles are a small, inexpensive luxury that create a relaxing setting throughout your home. Choosing scents like lavender (薰衣草) is known to reduce stress, anxiety, and insomnia. Candles are the easiest way to create a calm environment after a long day.

3. Go for a walk: Many of us have office jobs that keep us indoors for a majority of the day. Set aside 20 minutes to go for a walk throughout your neighborhood. It's the perfect way to get moving and enjoy the outdoors, especially during warm Summer nights.

4. Stretch! Sitting in an office chair for several hours each day can make your body just as tight and achy as an intense workout. Try these simple stretches for desk dwellers (居民) and high-heel (高跟鞋) wearers to keep you working hard and feeling great.

5. Enjoy a light read: Crack open a book or magazine and escape into it. It is easy to get caught up (陷入, 被卷入) only reading from a computer screen or e-reader. Flipping pages will give your eyes a much-needed break from the screen, and nonwork-related content will help you forget any office woes.

6. Write your diary: Remember your teenage journal? Bring it back! Journaling can be the perfect way to unwind and reflect on your day. Journals also act as a great way to keep track of goals and inspiration.