

# 《高中英语》（上外版）

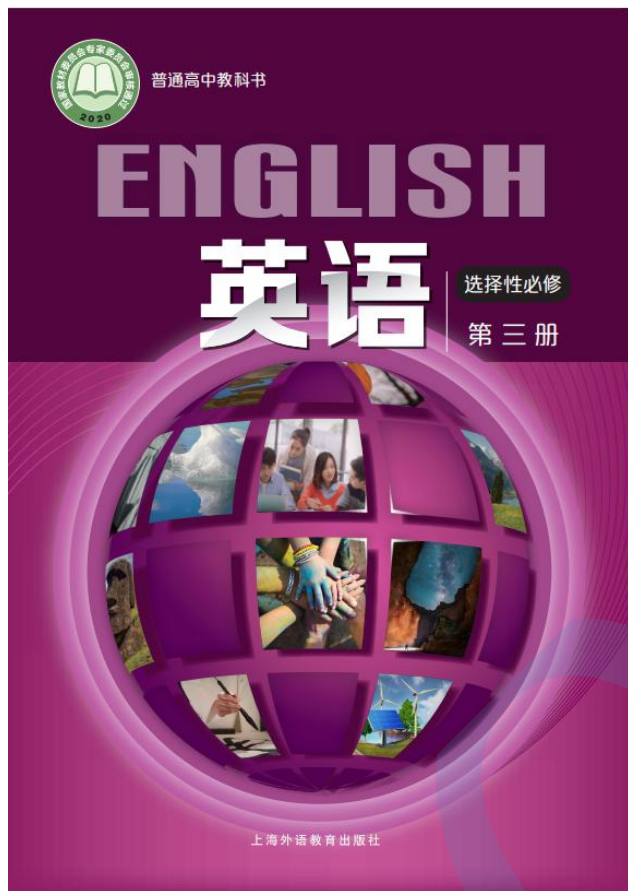
选择性必修第三册第一单元

Fighting Stress

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# 《高中英语》（上外版）

## 选择性必修第三册第一单元



课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening, Viewing and Speaking
1	Reading B
1	Critical Thinking
1	Writing
1	Further Exploration/ Self-assessment

# 学习目标 Learning Objectives:

**At the end of the lesson, you will be able to ...**

1. 能根据给定的文章区分应对压力的健康解决方案和非健康解决方案，并辩证地阐明原因；

Classify healthy and unhealthy solutions to excessive stress according to a given passage and demonstrate reasons critically;

2. 能熟悉阐明观点时需要用到的表达、步骤和策略，使得观点表述更加有逻辑、更为合理；

Familiarize themselves with useful expressions, steps and tactics during demonstration to make it more logical and reasonable;

3. 能找到应对压力的科学健康的方法，并树立健康平衡的生活理念；

Find out healthy and scientific ways to deal with stress and raise their awareness of a healthy and balanced lifestyle.

# Case Study

- Andy, who is going to participate in an English speech contest, shows the following signs of stress——fatigue or loss of energy, loss of appetite, loss of social interest, increased restlessness, difficulty in sleeping and difficulty in concentrating. He wrote a letter to you to complain about his current situation and turned to you for help.
- In order to offer him more professional and practical suggestions, you need to have a deeper understanding of stress, including its definition, symptoms and effects.

# **What is the definition of stress according to Reading A in this unit?**

- 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.

# **What are the differences between good and bad stress? Please illustrate your ideas with examples.**

**Good stress:** When you are called on in class or when you have to give a presentation, you 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.

**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.

# **What are the physical and mental reactions to excessive stress?**

**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...

**Emotions that stress may cause:** feel angry, frustrated, scared or afraid, feel anxious for no reason...

# **What kinds of healthy ways to deal with stress did you learn from this unit? Could you infer the unhealthy ways from healthy ones?**

- **Healthy ways people try to handle their stress**
- 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



- **Unhealthy ways people try to handle their stress (infer from healthy ways given in the unit accordingly)**
- 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 through/experiencing great pressure;
- 4) Not willing to consult a professional and get guidance and treatment;
- **5) Additional solution(s):** hit the wall, drink alcohol, withdraw from activities, avoid thinking of the problem

## Group Work——Solutions from Extra Materials

- 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.

# Group1:*Do What You Love (first half)*

Source	Healthy solutions	Unhealthy solutions (inference)
Do what you love: Subtitle 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
Do what you love: Subtitle 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
Do what you love: Subtitle 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

# Group1:*Do What You Love (first half)*

Source	Healthy solutions	Unhealthy solutions (inference)
Do what you love: Subtitle 4	Reexamine your goals and make them more realistic and practical	Work out ambitious objectives far beyond your competence
Do what you love: Subtitle 5	Get more sleep	Put things off throughout the day and stay up late due to procrastination
Do what you love: Subtitle 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

# Group2: *Do What You Love (second half)*

Source	Healthy solutions	Unhealthy solutions (inference)
Do what you love: Subtitle 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
Do what you love: Subtitle 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
Do what you love: Subtitle 9	Focus on what you are doing without distraction	Be half-hearted or be of two minds and always think about your stress

# Group2: *Do What You Love (second half)*

Source	Healthy solutions	Unhealthy solutions (inference)
Do what you love: Subtitle 10	Release your feelings (stress)	Keep your emotions (stress) inside and refuse to share with others
Do what you love: Subtitle 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
Do what you love: Subtitle 12	Never lose heart and keep going	Yield to the stress

# Group3:*Fight-or-flight*

Source	Healthy solutions	Unhealthy solutions (inference)
Fight-or-flight	【female】 tend: shift attention to others (eg. children)	【male】 fight: verbal or physical conflict
	【female】 befriend: seek social contact and support (ask for guidance)	【male】 flight: withdraw from stressful situation (be left alone to enjoy peace and quiet)

# Group4: *The law of the garbage truck*

Source	Healthy solutions	Unhealthy solutions (inference)
The law of the garbage truck	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



# Group5: *Relax after work*

Source	Healthy solutions
Relax after work: Subtitle 1	Take a bath or at least a hot shower to relieve stress and soothe your muscles
Relax after work: Subtitle 2	Light a candle to create a calm and relaxing environment so as to reduce stress, anxiety and insomnia
Relax after work: Subtitle 3	Go for a walk for about 20 minutes
Relax after work: Subtitle 4	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	Enjoy a light read freely and casually to help you feel relaxed and forget the woes
Relax after work: Subtitle 6	Write diaries to keep track of goals and inspiration

**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?**

- **【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.



# 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.



# Useful expressions

## 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...?



# Useful expressions

**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...



# Useful expressions

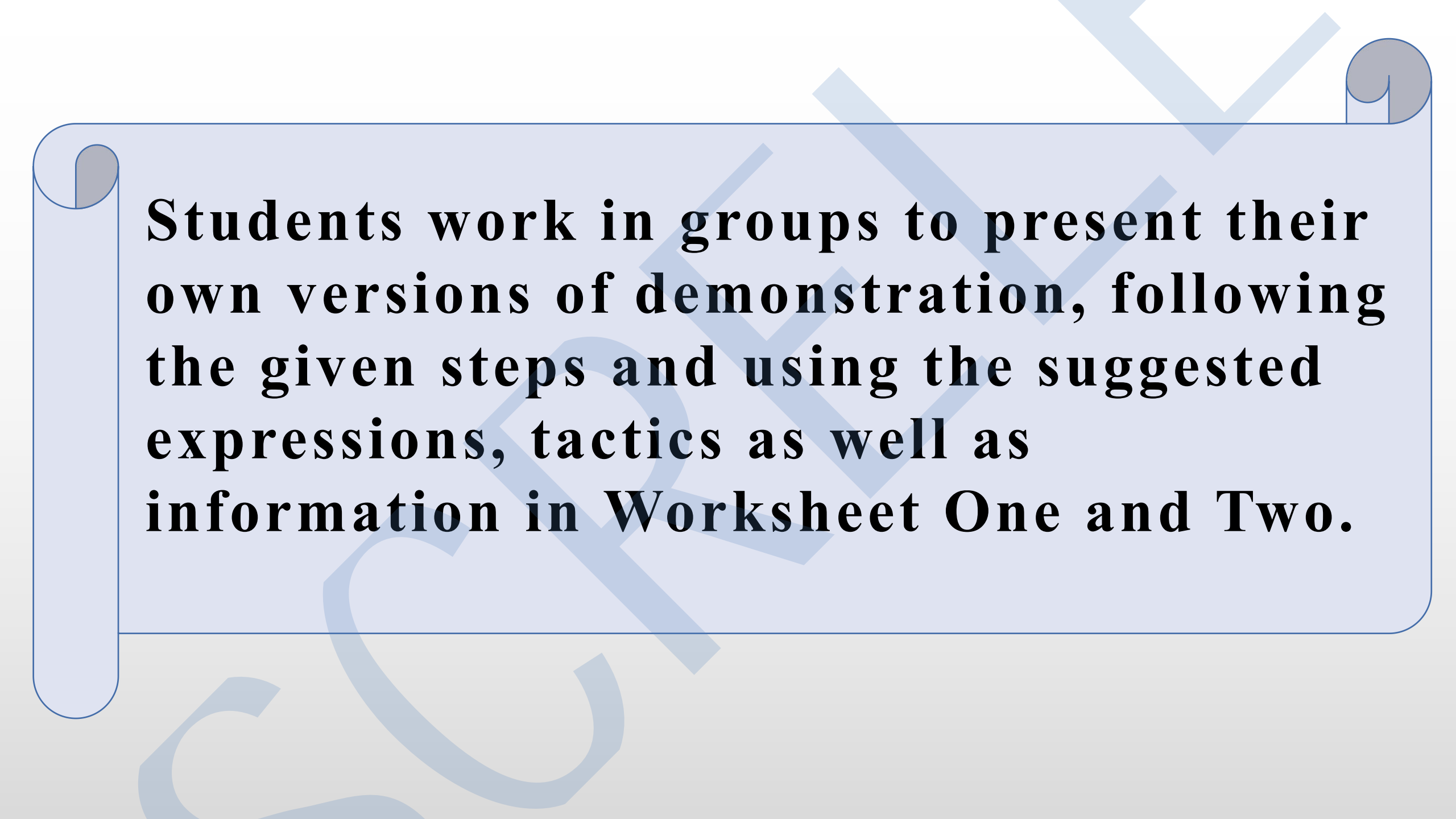
## Conclusion:

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.





**Students 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.**



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

# Writing Assignment

- After class, 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.

Thank you!