

上外版 高二年级 选择性必修三 第一单元 第6课时
学案（教师版）

1. Basic information about stress (please finish Worksheet One before class)

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 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.
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)	<ol style="list-style-type: none"> 1) Try keeping stress all inside and avoid talking about the issues that really bother you to anyone;

accordingly)	<p>2) Lead an unbalanced life which includes inadequate sleep, unhealthy diet/picky eating, no time for fun stuff and no relaxation exercises;</p> <p>3) Refuse to admit that you are now going 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>
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2. Work in groups and complete Worksheet Two with healthy and unhealthy solutions to stress found in the given passage.

Worksheet Two—Solutions from extra materials		
Source	Healthy solutions	Unhealthy solutions (inference)
<i>Do what you love:</i> Subtitle 1	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:</i> Subtitle 2	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:</i> Subtitle 3	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 love:</i> Subtitle 4	4. Reexamine your goals and make them more realistic and practical	Work out ambitious objectives far beyond your competence
<i>Do what you love:</i> Subtitle 5	5. Get more sleep	Put things off throughout the day and stay up late due to procrastination
<i>Do what you love:</i> Subtitle 6	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:</i> Subtitle 7	7. Take others' advice and persuasion seriously and make adjustment	Stick to your own viewpoint and refuse to admit that you are under great

	accordingly	pressure
<i>Do what you love:</i> Subtitle 8	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:</i> Subtitle 9	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:</i> Subtitle 10	10. Release your feelings (stress)	Keep your emotions (stress) inside and refuse to share with others
<i>Do what you love:</i> Subtitle 11	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:</i> Subtitle 12	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:</i> Subtitle 1	16. Take a bath or at least a hot shower to relieve stress and soothe your muscles	
<i>Relax after work:</i> Subtitle 2	17. Light a candle to create a calm and relaxing environment so as to reduce stress, anxiety and insomnia	
<i>Relax after work:</i> Subtitle 3	18. Go for a walk for about 20 minutes	
<i>Relax after work:</i> 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	
<i>Relax after work:</i> Subtitle 5	20. Enjoy a light read freely and casually to help you feel relaxed and forget the woes	
<i>Relax after work:</i> Subtitle 6	21. Write diaries to keep track of goals and inspiration	

3. Select three healthy and unhealthy solutions to stress respectively according to Worksheet One and Two. Then choose one unhealthy strategy among the above to illustrate your reasons using the given sentences, steps and tactics.

【reference version】

Healthy and effective solutions:
1. difficulty in sleeping: Take a bath or at least a hot shower to make you feel relieved and relaxed and promote blood circulation to help you have a good night sleep.

2. increased restlessness: Make yourself slow down by sparing some time away from distraction, by listening to healing music and by making your to-do list flexible.
3. loss of social interest: Share your feelings with an adult you trust or consult a professional to get treatment and thus you will be out of the trap.

Unhealthy solutions:

1. Drink alcohol
2. Speed up to finish as many tasks as possible without stop
3. Keep your emotions (stress) inside and refuse to share with others to get guidance and treatment

Your illustration:

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.