

上外版 高二年级 选择性必修三 第一单元 第6课时
学案（学生版）

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

Worksheet One—About stress	
1. Definition of stress	
2. Differences between good stress and bad stress (with examples)	Good stress:
	Bad stress:
3. Body's response to stress	
4. Emotions that stress may cause	
5. Healthy ways people try to handle their stress	1) 2) 3) 4) 5) Additional solution(s):
6. Unhealthy ways people try to handle their stress (infer from healthy ways given in the unit accordingly)	1) 2) 3) 4) 5) Additional solution(s):

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.	
<i>Do what you love:</i> Subtitle 2	2.	
<i>Do what you love:</i> Subtitle 3	3.	
<i>Do what you love:</i>	4.	

Subtitle 4		
<i>Do what you love:</i> Subtitle 5	5.	
<i>Do what you love:</i> Subtitle 6	6.	
<i>Do what you love:</i> Subtitle 7	7.	
<i>Do what you love:</i> Subtitle 8	8.	
<i>Do what you love:</i> Subtitle 9	9.	
<i>Do what you love:</i> Subtitle 10	10.	
<i>Do what you love:</i> Subtitle 11	11.	
<i>Do what you love:</i> Subtitle 12	12.	
<i>Fight-or-flight</i>	13. 【female】	【male】 fight:
	14. 【female】	【male】 flight:
<i>The law of the garbage truck</i>	15.	
<i>Relax after work:</i> Subtitle 1	16.	
<i>Relax after work:</i> Subtitle 2	17.	
<i>Relax after work:</i> Subtitle 3	18.	
<i>Relax after work:</i> Subtitle 4	19.	
<i>Relax after work:</i> Subtitle 5	20.	
<i>Relax after work:</i> Subtitle 6	21.	

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.

Healthy and effective solutions:
1.
2.
3.

Unhealthy solutions:
1. 2. 3.
Your illustration:
I wouldn't go along with the idea that...