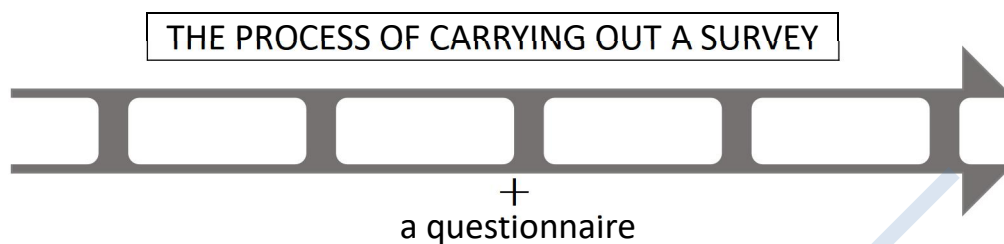


Further Exploration – A Questionnaire about Stress

Activity 1. Fill in the boxes with verbs.



Activity 2. Extract words to build your word bank.

	Aspects	Word Bank	
1	Levels of stress	e.g. low	
2	Types of stress	e.g. emotional	
3	Signs/Symptoms/Effects of Stress		
	Physical/ Behavioral	e.g. headache	3.
		1.	4.
		2.	5.
	Emotional	e.g. depression	3.
		1.	4.
		2.	5.
4	Sources /Causes of stress	e.g. family	3.
		1.	4.
		2.	5.
5	Stress busters/ Ways to cope with stress	e.g. talking with trusted people	3.
		1.	4.
		2.	5.
6	Collocations: Verbs And others	e.g. bring about/ cause / trigger stress	

Activity 3. Group discussion: devise a questionnaire.

A QUESTIONNAIRE ABOUT STRESS

SCREEN