
BBC LEARNING ENGLISH

6 Minute English worksheet

Why are we all so stressed?



Listen to the full episode here: <https://bbc.in/4tXMZIC>

1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?

2. Now listen to the first two minutes of the episode.

- What do the presenters say the episode is about?
- What is this week's question? What do you think the answer is?

3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. What makes Neil feel stressed?
 - a) Watching the news.
 - b) Not having enough time.
 - c) Reading difficult books.

2. How does Becca try to cope with stress?
 - a) Ignoring the stress.
 - b) Reminding herself that she will get better.
 - c) Watching videos about the activity that makes her stressed.

3. According to Claudia Hammond, what can nerves do during an exam?
 - a) Make you forget everything.
 - b) Help you think more clearly.
 - c) Make you feel sleepy.

4. What does Claudia Hammond say about to-do lists?
 - a) They should always be finished in one day.
 - b) They are not important.
 - c) They never really end because new tasks are always added.

5. What is one key idea about managing stress in the programme?
 - a) There is only one best method for everyone.
 - b) People should avoid all stressful situations.
 - c) Different methods work for different people.

6. Which activity is considered the most restful according to the research?
 - a) Reading
 - b) Walking in nature
 - c) Listening to music

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. chronic - continuing for a long time
- b. burnout - physical or mental exhaustion caused by working too hard
- c. sharpens/concentrates the mind - makes you think clearly
- d. nerves - (informal) worry or anxiety
- e. one-size-fits-all - approach which tries to apply the same solution to all problems, instead of solving each problem individually
- f. to-do list - list of all the tasks you have to do

5. 1b, 2b, 3b, 4c, 5c, 6a

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.