

Canva Presentation: <https://canva.link/anxiety-in-everyday-life>

Customisable Canva Presentation: <https://canva.link/stppo8ruynux30z>

### Part 1. Read the statements below. Which feel true for you?

- I sometimes feel anxious about things that probably won't happen.
- I find it hard to relax even when there's nothing to do.
- I've lost sleep over something that felt huge at the time, but wasn't.
- I feel calmer once I've made a decision, even a difficult one.
- I know when I'm overthinking, but I can't always stop.
- I have at least one thing that reliably helps me feel less anxious.

### Part 2. Look at the expressions in bold in the sentences below. They describe what anxiety can feel like.

- I've **felt on edge** all week, and I can't really explain why.
- I get **a knot in my stomach** before every presentation, every time.
- I always **overthink** small decisions far more than they deserve.
- I had **racing thoughts** at 3am and couldn't switch my brain off.

### Speaking practice

Tell your partner: when did you last feel on edge, or notice a knot in your stomach? Use at least one phrase from this group.

**to feel on edge** – to feel nervous or tense, often without a clear reason

**a knot in your stomach** – a tight, uncomfortable feeling in your stomach caused by nerves or worry

**to overthink (something)** – to think about something for too long or in too much detail, often making it feel worse

**racing thoughts** – a rush of fast, hard-to-control thoughts, often at night or under stress

### Part 3. Look at the expressions in bold in the sentences below. They describe what can trigger those feelings.

- Just knowing **a deadline is looming** is enough to ruin my weekend.
- I **dread** Monday mornings more than I'd like to admit.
- I always jump straight to **the worst-case scenario**, even when it's unlikely.

- I've **been under** a lot of **pressure** at work lately, and it shows.

### Speaking practice

Tell your partner: what usually triggers those feelings for you? Use at least one phrase from this group.

**a deadline looming** – a deadline that is getting close and causing pressure

**to dread (something)** – to feel worried or unwilling about something that is going to happen

**the worst-case scenario** – the worst possible thing that could happen in a situation

**to be under pressure** – to be dealing with a lot of stress, often from work or expectations

**Part 4. Look at the expressions in bold in the sentences below. They describe how people cope.**

- Sometimes I just need to **take a step back** and breathe.
- **Talking it through** with a friend usually helps more than I expect.
- It helps to **keep things in perspective** when I catch myself spiralling.
- I go for a run to **let off steam** after a stressful day.

### Speaking practice

Tell your partner: what actually helps you? Use at least one phrase from this group.

**to take a step back** – to pause and look at a situation calmly, instead of reacting immediately

**to talk it through** – to discuss a problem with someone in detail, in order to understand or feel better about it

**to keep things in perspective** – to see a situation realistically, without exaggerating how bad or important it is

**to let off steam** – to release stress or built-up emotion, often through physical activity or talking

**Part 5. Sort the twelve expressions below into three groups: Feelings, Triggers, and Coping.**

- a knot in your stomach
- to dread (something)
- to let off steam
- racing thoughts
- to take a step back
- a deadline looming
- to feel on edge

- to keep things in perspective
- the worst-case scenario
- to overthink (something)
- to talk it through
- to be under pressure

**Feelings:** a knot in your stomach, racing thoughts, to feel on edge, to overthink (something)

**Triggers:** to dread (something), a deadline looming, the worst-case scenario, to be under pressure

**Coping:** to let off steam, to take a step back, to keep things in perspective, to talk it through

**Part 6. Discuss the following questions.**

- What tends to make you feel anxious in everyday life?
- Do you think a bit of anxiety can actually be useful sometimes?
- How do you usually calm down when you're feeling anxious?
- Has the way you deal with anxiety changed as you've got older?

**Part 7. Read the statements. Say whether you agree, disagree, or partly agree.**

- A little anxiety can actually be useful.
- Social media makes people more anxious than they used to be.
- Most people are better at hiding their anxiety than dealing with it.
- Talking about anxiety openly helps more than staying quiet about it.
- Some pressure is necessary to get things done.
- Everyone feels anxious sometimes — it's only a problem if it takes over.

**Part 8. Talk with your partner about how anxiety shows up in your own life — big or small. As you talk, tick off each expression below that you manage to use naturally. Try to tick at least six.**

- to feel on edge
- a knot in your stomach
- to overthink (something)
- racing thoughts

- a deadline looming
- to dread (something)
- the worst-case scenario
- to be under pressure
- to take a step back
- to talk it through
- to keep things in perspective
- to let off steam

**Reflection**

**Complete the sentences in your own words.**

1. One thing that quietly makes me anxious, even if it seems small, is...
2. Something that reliably helps me feel calmer is...
3. The last time I felt "under pressure," it was because...
4. One phrase from today I want to remember and actually use is...