

Giving Advice on Coping Strategies

Pre-Intermediate (A2-B1)



WARM UP

Part 1. Discuss the following questions.

1. When do you often feel overwhelmed or find it hard to cope?
2. What activities or habits help you relax or manage stress?
3. Have you ever asked someone for advice on coping with a difficult situation? What happened?



DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Overwhelmed	Cope	Routine
Mentor	Support	Technique

1. _____ a regular series of actions or habits you follow
2. _____ to deal successfully with a difficult situation
3. _____ an experienced and trusted adviser
4. _____ to give help or assistance
5. _____ a method or way of doing something, especially a skilful method
6. _____ feeling sudden strong emotion

DIALOGUE ACTIVITY

Part 1. Read the dialogue. Underline all the phrases used to describe the situation, ask for advice, and give coping suggestions.

A: Hi, I often feel overwhelmed when my workload increases suddenly. I'm finding it hard to cope these days. What can I do when I feel like this?

B: That sounds difficult. You could try breaking tasks into smaller steps. Maybe you could use a daily routine to manage time better.

A: Good idea. Could you recommend ways to manage stress?

B: Sure. Have you tried short mindfulness breaks? It might help to practise a simple breathing technique.

A: Thanks. If it's not too much trouble, could you suggest one more tip?

B: Of course. One thing I'd recommend is reaching out for support from a friend or mentor, and whenever you have time, think about trying journaling also.

A: I appreciate that. I'll give that a try.



GAP-FILL

Part 1. Complete the dialogue with the correct forms of the phrases in the box.

I often feel...

Have you tried...?

Could you suggest...?

Maybe you could...

One thing I'd recommend is...

I'm finding it hard to...

What can I do when I feel like this?

I'm finding it hard to...

You could try...

Could you recommend ways to...?

A: Hi, _____ (1) overwhelmed when my workload increases suddenly. _____ (2) cope these days. _____ (3)

B: That sounds difficult. _____ (4) breaking tasks into smaller steps. _____ (5) use a daily routine to manage time better.

A: Good idea. _____ (6) manage stress?

B: Sure. _____ (7) short mindfulness breaks? _____ (8) practise a simple breathing technique.

A: Thanks. If it's not too much trouble, _____ (9) one more tip?

B: Of course. _____ (10) reaching out for support from a friend or mentor, and whenever you have time, think about trying journaling also.

A: I appreciate that. I'll give that a try.



SPEAKING PRACTICE: ROLE PLAY

Part 1. In pairs, use the Role-Card below and the language from Steps 2–4. Then swap roles.

I often feel...	Have you tried...?	Could you suggest...?	Maybe you could...
One thing I'd recommend is...	I'm finding it hard to...	What can I do when I feel like this?	
I'm finding it hard to...	You could try...	Could you recommend ways to...?	

Role-Card A: You often feel overwhelmed by something (e.g., work deadline, exam stress). Describe your situation and ask for advice using at least three different asking structures.

Role-Card B: You have coping experience. Respond empathetically and give at least three different pieces of advice using varied structures.

PERSONAL REFLECTION

Part 1. Write/say 3–5 sentences about a recent time you felt overwhelmed and the advice you might try. Use at least three different phrases from today's lesson.

- 1.
- 2.
- 3.
- 4.
- 5.