

Resilience & Stress Management

Upper-intermediate (B2-C1)



WARM-UP DISCUSSION

Read the quote below and then discuss the questions.

“You can’t stop the waves, but you can learn to surf.”

— Jon Kabat-Zinn

1. What are the “waves” in your life right now?
2. What does “learning to surf” mean to you?
3. Who do you know who’s good at handling stress — and how do they do it?

VOCABULARY & SPEAKING

Part 1. Match the words to their meanings.

Burnout	Tension	Overwhelmed
Pressure	Recharge	Resilience

1. _____ extreme exhaustion after long-term stress
2. _____ feeling like you can’t cope or manage everything
3. _____ expectations or demands that cause stress
4. _____ to recover energy and motivation
5. _____ mental or physical strain caused by worry
6. _____ the ability to recover after difficulties

Part 2. Match the halves to make collocations.

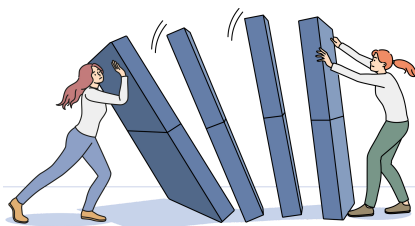
1. Manage	A. Anxiety
2. Reduce	B. Pressure
3. Cause	C. Resilience
4. Cope with	D. Burnout
5. Suffer from	E. Stress
6. Build	F. Tension

Part 3. Complete the sentences using the collocations.

1. It's not easy to _____ when you have too many deadlines.
2. Many people _____ after months of overwork.
3. Facing challenges can help you _____.
4. When work gets intense, I try to _____.
5. Listening to music always helps me _____.
6. Negative thoughts often _____.

Part 4 Discuss the questions based on the sentences.

1. Which of these describe your real life?
2. Which do you need to improve?



Part 5. Rank these from 1 (least stressful) to 10 (most stressful).

- Public speaking
- Job interviews
- Health worries
- Relationship problems
- Money issues
- Travelling delays
- Too much responsibility
- Social media pressure
- Exams or deadlines
- Moving house or changing jobs

Discuss:

- Which of these are “everyday” stress vs. “life-changing” stress?
- How do you usually manage each type?

Part 6. Read the tips below. Decide which you find: Useful, Not for you, or Depends on the situation.

- Take a short walk or stretch.
- Try deep breathing or meditation.
- Talk to someone you trust.
- Keep a consistent sleep schedule.
- Write down what’s on your mind.
- Spend time offline.
- Push through and ignore your feelings.
- Do something creative.

Discuss:

- Which tips would you actually try this week?
- Add one of your own realistic ideas.

Part 7. Read each situation and give advice using the expressions below.

You should...

If I were you, I'd

Maybe try...

One thing that helps me is...

Have you thought about...?

- Your friend feels constantly behind at work.
- Someone struggles to say “no” and feels overwhelmed.
- Your colleague is exhausted but refuses to take a break.

Discuss:

- Whose advice felt the most practical or realistic?

REFLECTION

Part 1. Discuss the following questions.

1. What does being resilient mean to you?
2. Does resilience mean staying strong or being flexible?
3. Can stress ever be useful?
4. “Resilience isn’t never falling — it’s getting up quicker.” What do you think?

Part 2. Think quietly or share aloud:

1. One stress you can’t change
2. One stress you can manage better
3. One habit you’ll try this week

