

Collocations: Stress Management

Intermediate (B1-B2)



WARM-UP

Discuss the following questions.

1. What small moments stress you out?
2. When does your body tell you “enough”?
3. Who helps you stay balanced when life gets messy?

VOCABULARY

Part 1. Read the short conversations. Guess the meaning of the bold phrases from context.

A: “I was about to reply angrily, but I stopped to **take a deep breath**.”

B: “Good choice. You sound calmer already.”

A: “I go for a ten-minute walk at lunch. It helps me **reduce anxiety**.”

B: “I should try that.”

A: “I had three deadlines today. I had to **deal with pressure** from the moment I woke up.”

B: “That sounds exhausting.”

A: “After work, I stretch for five minutes to **relieve tension**.”

B: “I can feel it in my shoulders just hearing that.”

A: "I'm practising how to **manage my emotions** when plans change."

B: "Same. It really helps."

A: "I'm switching off my phone at 8pm to **improve work-life balance**."

B: "Nice boundary."

A: "I'm trying to **cope with stress** without comfort eating."

B: "That's hard but worth it."

A: "If I don't take breaks, I know I'll never **avoid burnout**."

B: "Exactly. Rest is part of the work."

Part 2. Respond naturally to each person. Include one collocation in your answer.

Take a deep breath

Reduce anxiety

Deal with pressure

Relieve tension

Manage your emotions

Improve work-life balance

Cope with stress

Avoid burnout

A: "I get overwhelmed easily."

B: "Try to..."

A: "My whole body feels tense after work."

B: "Maybe you could..."

A: "Everything feels urgent. I can't slow down."

B: "One thing that helps is..."

A: "I never switch off. I'm always 'on'."

B: "You might feel better if you..."

Part 3. Choose the best collocation for each situation. Explain why.

Take a deep breath	Reduce anxiety	Deal with pressure	Relieve tension
Manage your emotions	Improve work-life balance	Cope with stress	Avoid burnout

1. You're stuck in traffic and your heart is racing.
2. You wake up with 15 unread messages from work.
3. You notice you feel tired every day at the same time.
4. Your plans change suddenly and you feel annoyed.
5. You've been helping everyone except yourself.
6. You want evenings to feel calmer.

Part 4. Match the persona with the collocation they need most. Explain your choice.

1. **The Overthinker** – replaying everything in their head
2. **The Bottled-Up Type** – hides feelings until they explode
3. **The Last-Minute Sprinter** – calm... then panics
4. **The Calm Planner** – schedules everything
5. **The "Everything Is Urgent" Person** – never stops moving

Part 5. Read the problems. Give natural, friendly advice using two collocations.

1. "I'm tired every day, but I can't switch off."
2. "I get nervous before speaking in English."
3. "My weekends don't feel restful anymore."
4. "I lose my temper too quickly."
5. "Everyone asks me for help and I never say no."



Part 6. Complete the sentences with your own ideas.

1. I should remind myself to **take a deep breath** when...
2. One habit that helps me **reduce anxiety** is...
3. A time I really had to **deal with pressure** was when...
4. I **relieve tension** by...
5. A small thing that helps me **manage my emotions** is...
6. One change that would **improve my work-life balance** is...
7. One way I **cope with stress** that works surprisingly well is...
8. I **avoid burnout** by...

REFLECTION

Discuss the following questions.

1. What's one simple "reset" you can use this week?
2. What's something you want to stop doing?
3. What's something you want to start doing?
4. Which collocation from today's lesson will help you most this week?

