

Teacher's Guide

Workplace Stress: Who Really Carries the Weight? – Advanced (C1-C2)



Canva Presentation Link: [🌐 Workplace Stress: Who Really Carries the Weight?](#)

Editable Presentation Link: [🌐 Workplace Stress: Who Really Carries the Weight?](#)

Editable Worksheet Link:

[🌐 Student Worksheet: Workplace Stress: Who Really Carries the Weight?](#)

Part 1. Students read the statements and choose one that feels closest to how work has felt for them recently.

Part 2. Students rate each statement from 1 to 5 and explain their choice.

Part 3. Students think back to the earlier stage of their working life. Students complete and explain the sentences.

Part 4. Students discuss where workplace stress usually comes from first. Students choose two options and explain how they connect.

Part 5. Students read the statements and say whether they mostly agree, partly agree, or disagree, and explain why.

Part 6. Students look at the ways people try to deal with workplace stress and rate each one from 1 (not helpful at all) to 5 (very helpful).

Part 7. Students read what each colleague says and respond naturally and supportively, as if they were speaking to a real person at work.

Part 8. Students choose one option and explain their choice.

Reflection

Students complete the sentences with their own ideas.