

Teacher's Guide



Collocations: Stress Management – Intermediate (B1-B2)

Canva Presentation Link: [Collocations: Stress Management](#)

Editable Presentation Link: [Collocations: Stress Management](#)

Editable Worksheet Link: [Student Worksheet: Collocations: Stress Management](#)

Warm-up

Part 1. Students discuss the questions.

Vocabulary

Part 1. Students read the short conversations and guess the meaning of the bold phrases from context.

Answer key:

1. **Take a deep breath** – pause and calm your body
2. **Reduce anxiety** – lower feelings of worry
3. **Deal with pressure** – handle stressful demands
4. **Relieve tension** – relax your body or mind
5. **Manage your emotions** – stay calm and respond thoughtfully
6. **Improve work-life balance** – have more time for life outside work
7. **Cope with stress** – handle stress in a healthy way
8. **Avoid burnout** – prevent exhaustion from doing too much

Part 2. Students respond naturally to each person, using one collocation in each answer.

Part 3. Students choose the best collocation for each situation and explain their choice.

(Students' answers may vary; these are just models.)

1. Take a deep breath
2. Deal with pressure
3. Avoid burnout
4. Manage your emotions
5. Cope with stress
6. Improve work-life balance

Part 4. Students match the persona with the collocation they need most.

Part 5. Students read the problems and give natural, friendly advice using two collocations.

Examples:

1. "Try to take short breaks and **improve your work-life balance**. A walk might help **reduce anxiety**."
2. "Before speaking, **take a deep breath**. It can also help to **manage your emotions**."
3. "Plan one activity only for yourself. It can help you **avoid burnout**."
4. "Notice the moment you react. Pause to **manage your emotions** and **cope with stress**."
5. "Set one small boundary. It will help you **deal with pressure** and **relieve tension**."

Part 6. Students complete the sentences with their own ideas.

Reflection

Students discuss the questions.