



## 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.