



ENGLISH | MARC HUCKLE | @ [www.intercambioidiomasonline.com](http://www.intercambioidiomasonline.com)

# Intercambio Idiomas Online

C1: STRESS

1. Why do we get stressed?
2. How might stress enhance our performance in a particular task?
3. How can we reduce the effects of stress on our bodies?
4. Many people state that stress is the biggest killer in today's society. What would you say?
5. Do you ever have trouble sleeping because of stress?
6. Do you get worried and stressed about things that in reality don't matter?
7. How could you help a close friend who was suffering from stress?
8. What advice would you offer a student who was stressed about their exams?
9. Can stress ever be useful or necessary?
10. Why can constantly being in a hurry cause stress?
11. What types of situations usually lead to stress?
12. How do you unwind after having a stressful experience?
13. Can alcohol or nicotine ever be a good way to relieve stress?
14. Stress is often referred to as the "Fight or flight response", what does this mean exactly?
15. Is stress always due to external factors or is it relative to each person?