



Episode 35: Coping with Stress

Hi! If this is your first time listening to our podcast, this is an opportunity for upper-level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode Donielle and Khristyna discuss things that cause stress and what we do to manage stress.

Here are a few words and phrases about the topic that you may find useful:

stress (noun) stressful (adj.)	mental or emotional strain (-I need to reduce stress in my life) describing a situation that causes stress (-I have a stressful job)
be stressed (out)	experiencing stress – adding “out” creates a phrasal verb that adds a level of informality to express a more intense feeling of stress. • <i>I've been <u>stressed out</u> all week worrying about this project.</i>
overwhelmed	a feeling like there is too much to handle. • <i>I can't think clearly when I feel <u>overwhelmed</u>.</i>
anxiety (noun) anxious (adj.)	worry or nervousness, often ongoing (- This helps with my anxiety.) describing this feeling (- I've been feeling anxious lately.)
trigger (verb/noun)	to cause stress or anxiety or the situation that causes it. • <i>Certain memories still trigger feelings of anxiety.</i> • <i>Crowded spaces are one of my biggest anxiety triggers.</i>
cope with stress	manage or deal with stress • <i>What are your best tips for coping with stress?</i>
meditation	a mental exercise where you focus your mind to feel calm, relaxed, or spiritually centered. This often involves sitting quietly and focusing on breathing, a word, or an image.
mindfulness	paying full attention to the present moment—what you're doing, thinking, and feeling—without judgment.
self care	actions taken to maintain your health and reduce stress • <i>It's important to practice self care.</i>

Want to try reducing stress with exercise? Here are the [videos](#) mentioned in this episode.

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



Vocabulary: Words and Phrases Used in the Conversation

there, there	a phrase used to comfort someone who is upset • <i><u>There, there</u>, honey. You'll be okay.</i>
shatter	break apart in many pieces
kiddo	informal term for a child • <i>When my <u>kiddo</u> is sick, it really stresses me out.</i>
it goes both ways	when referring to a relationship of two people or parties, what's true for one, is true for the other • <i>My husband sometimes causes me stress, but of course, <u>it goes both ways</u>. I'm sure I stress him out sometimes too.</i>
every single [day]	used to emphasize that it happens without fail; commonly used with day/time • <i>Can you imagine the stress doctors feel <u>every single</u> day?</i>
911 dispatcher	a person who answers emergency calls and sends help
EMT	Emergency Medical Technician; responds to medical emergencies
fatigued	extremely tired or exhausted • <i>The <u>fatigued</u> hikers stopped for some much-needed rest for the night.</i>
toss and turn	unable to sleep and constantly moving in bed • <i>I'm so tired this morning because I <u>tossed and turned</u> all night.</i>
count sheep	imagine sheep jumping over a fence to help fall asleep • <i>I tried <u>counting sheep</u>, but it didn't help; I was awake all night.</i>
doze off	fall asleep lightly, especially while doing something else • <i>I was reading and started <u>dozing off</u>.</i>
squeaky toy	a toy (usually for pets) that makes a high-pitched sound when squeezed • <i>My dog came in with her <u>squeaky toy</u> and played with it all night.</i>
whine (verb)	make a high, complaining noise, often from children or dogs • <i>She looked at me, starting <u>whining</u>, and then left.</i>
[alarm] goes off	sounds, makes an audible alert, etc., especially used to talk about the alarm you set to wake up at a certain time in the morning. • <i>I woke up before my alarm <u>went off</u>. My alarm didn't <u>go off</u> this morning.</i>
lull [someone] to sleep	gently cause someone to fall asleep • <i>The sound of the falling rain <u>lulls me to sleep</u>.</i>
tires me out	makes me very tired or exhausted ("out" adds the idea of "completely" – as in a battery that has been completely drained) • <i>Having to concentrate so hard <u>tires me out</u>.</i>
crumple	press or squeeze something so that it is no longer flat and smooth (often paper) • <i>Frustrated, she <u>crumpled</u> the paper into a ball and threw it in the trash.</i>
tingle (verb, noun) tingly (adj.)	a slight ringing, stinging, prickling, or thrilling sensation in part of the body • <i>My arm is numb and my fingers feel all <u>tingly</u>.</i>

Vocabulary: Words and Phrases Used in the Conversation - Cont'd

trance	a state of semi-consciousness, like being in a daze or daydream • <i>You get so calm and relaxed that you feel a bit like you're in a <u>trance</u>.</i>
chalk it up to [something]	link something that has happened to a particular reason or circumstance • <i>Guided meditation didn't work for me, and I <u>chalk it up to</u> the fact that my brain probably doesn't work like that.</i>
one size fits all	Originally used on clothing labels to mean the item can fit anyone, no matter their body size. It's often used more broadly to describe a solution, rule, or approach that is meant to work for everyone. NOTE: It's often used in the negative to point out that one solution doesn't work for everyone. • <i>Mindfulness works for some people, but it's not a <u>one-size-fits-all</u> solution for managing stress.</i>
[that's] pushing it	going too far, is excessive, or crossing a line • <i>A month without a cat was <u>pushing it</u>.</i>
[a bit of] a stretch	describing something unlikely to be achieved or quite difficult • <i>Exercise is helpful, even if <u>it's a bit of a stretch</u> for us.</i>
alleviate	reduce or ease (stress, pain, etc.) • <i>I listen to music to <u>alleviate</u> stress.</i>
run [some] errands	do small tasks or chores outside the home • <i>I need to <u>run some errands</u> this afternoon.</i>
uplift (verb) uplifting (adj.)	improve mood or make someone feel better • <i>Music <u>uplifts</u> you and makes you feel relaxed; I enjoy listening to <u>uplifting</u> music.</i>
banger	slang term for a really good song with an energetic beat and good for dancing
get [sthg] out of the way	do something unpleasant first to not have to deal with it later • <i>Let's go with the bad news first and <u>get that out of the way</u>.</i>
crave	a strong desire or want • <i>Sometimes your body <u>craves</u> what isn't good for you.</i>
ferment	a way of naturally changing properties of foods through yeast and bacteria, etc. (e.g. yogurt, sourdough)
masseuse	a person whose job is to give massages

Onomatopoeia: Words from Sounds

Onomatopoeia refers to words that imitate the sound they represent. These words are often used in everyday speech to help the listener picture a scene more clearly or feel the action more vividly. Instead of just saying something happened, onomatopoeia brings the sound of that action to life.

For example, saying “The glass **crashed** to the floor” gives a stronger image than just “The glass fell.”

Here are some of the sound words used in this episode.

squeak (noun/verb)	a high-pitched sound, e.g. a dog toy, an old door, or wheel on a shopping cart
clink (noun/verb)	a light metallic sound, like glass or metal tapping <ul style="list-style-type: none">clink champagne glasses (as when making a toast); ice cubes clinking in a glass, coins clinking in a jar, silverware clinking in the sink)
bark	the loud sound of a dog
purr	low, vibrating sound that a cat makes to express contentment

Other common examples of onomatopoeia in everyday use:

buzz (the sound of a bee, or to describe things with a similar sound, such as a saw), **beep** (short electronic tone or car horn), **hiss** (sound of angry cat, snake, or air escaping), **click** (e.g. click the mouse), **murmur** (a soft, indistinct sound made by people speaking quietly or at a distance)

Join the Conversation

- What are some common *stressors* (things that cause stress) in daily life?
- How do you react to stress? How do you feel physically and mentally? How does it affect your sleep?
- Some people have a “comfort food” that they like to eat when they feel stressed. Is there a food that you crave when you’re stressed?
- These activities for coping with stress were mentioned in the episode. Which ones have you tried? What has worked for you? Are there any—either from this list or others—you’d like to try?
 - meditation/mindfulness
 - exercise
 - walking outside/spending time in nature
 - laughing (comedy shows or movies)
 - music/dancing (favorite type of music when you’re stressed?)
 - spending time with pets
- What do you think are the most and least stressful jobs?
- Do you think stress is always a bad thing? Can it ever be helpful?

Thanks for checking out our podcast!

We are enjoying these discussions, and we hope that you are finding them helpful!



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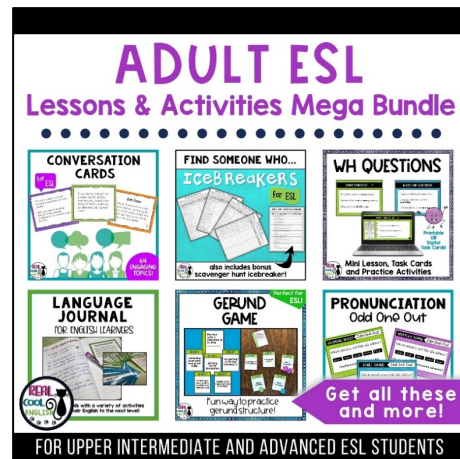
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