

Stress and Relaxation

Discussion Topic Pack

A warm-up, vocabulary, and graded discussion questions for talking about **Stress and Relaxation**.

Name _____ Class _____ Date _____ Score _____

Warm-up: What's one thing you did today that helped you feel calm?

1 · Vocabulary

Word	Meaning	Example
stress	a state of mental or emotional strain resulting from demanding circumstances	<i>I feel a lot of stress when I have multiple deadlines at once.</i>
relaxation	the process of becoming less tense or anxious	<i>Listening to soft music is my favorite form of relaxation after work.</i>
tension	mental or emotional strain; a feeling of nervousness	<i>There was noticeable tension in the office before the big presentation.</i>
unwind	to relax after a period of work or stress	<i>After the meeting, I like to unwind by taking a short walk.</i>
pressure	the feeling of being forced to do something or meet expectations	<i>The pressure to perform well in exams can be overwhelming for many students.</i>
calm	a state of peace and tranquility, free from agitation	<i>She remained calm even when the project ran into unexpected problems.</i>
overwhelm	to cause someone to feel completely overcome or overpowered	<i>The amount of work this week will overwhelm anyone who isn't organized.</i>
mindfulness	the practice of focusing attention on the present moment without judgment	<i>Practicing mindfulness each morning helps me stay centered throughout the day.</i>

2 · Discussion Questions

Take turns asking and answering — try to give a full answer, not just yes or no.

- 1 How do you usually feel when you are stressed?
- 2 What are the main things that cause you stress in daily life?
- 3 Can you describe a recent situation where you felt a lot of pressure?
- 4 What activities do you do to relax after a busy day?
- 5 How often do you take time to unwind, and what do you do?
- 6 Do you think your work or study environment contributes to your stress levels? Why?
- 7 How does stress affect your physical health?
- 8 What role does technology play in increasing or decreasing your stress?
- 9 In your opinion, how important is mindfulness in managing stress in modern society?
- 10 If you could design a community program to help people cope with stress, what would it include and why?

3 · Extension

Try this: *Role-play: One student acts as a counselor and another as a client who feels overwhelmed at work. In a 5-minute conversation, the counselor suggests practical coping strategies such as time-management techniques, short relaxation breaks, and mindfulness exercises.*