

Stress



(Image courtesy of Stuart Miles / FreeDigitalPhotos.net)

Reading

Despite decades of studies on stress management, tension and burnout are still major problems for modern urban dwellers, both mentally and physically. Though there is wide consensus among professionals that stress causes illness. It is much less clear how much damage it does us. Part of the problem is that stress levels affect people differently. A few have learned how to shrug off stress with little thought or perhaps it is bothering them much more than they realize. But for others, even minor frustrations cause them to go to pieces. Nevertheless, some aspects of the illness seem clear.

As with most health-related issues, a good diet and low alcohol and tobacco intake make it easier to manage stress. Intense exercise is particularly helpful. Being able to concentrate on some project, perhaps a hobby such as painting or playing a musical instrument is also very useful, if it is unrelated to the stress-causing activity. But, most valuable of all is developing the ability to step outside oneself, put everything in proper perspective and have a good hearty laugh.

Source: Express Yourself 2

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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