

UNIT 6: PRESSURE (Reading and Writing)

READING 1: PRESSURE ON PARENTS

Discuss

1/ How do you feel mentally and physically when you are under pressure?

About mentally: become angry quickly, cannot relax, avoiding other people, lose motivation, depression,...

About physically: dry mouth, headaches, painful stomach, increase heartbeat, cannot sleep,...

2/ Do you think pressure is ever positive?

Pressure can be both positive and negative depends on each situation. Because pressure creates diamonds and makes motivation to overcome obstacles but if you let pressure becomes too big. It turns into a mental ghost and overwhelms you. So we think we should balance mental health.

3/ Do you think people learn to react like this to pressure or is it a natural human reaction to danger?

We think both of it. Physical signs of stress are natural human reaction to danger like we said. About mental, we think that has two sides. When people learn to have a positive reaction, they know how to keep their mind clean by doing exercises, meditation or entertaining. On the other hand, some people reacts negatively. They fall in bad mood, overthinking that make it more depressed.

***How often do you feel under pressure?**

Honestly, I sometimes feel under pressure. Because I am quite an OCD person so I try my best to do all the thing perfect as much as I can

***What things make you feel stressed?**

- Important exam
- Toxic relationship
- Get in serious trouble with friends
- Make friends in new class

Engb1 Model Answers

K Morrison



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