
Jackie: Hello, I'm Jackie Dalton. What makes you feel stressed? Do you panic when you have to rush to be somewhere? Do you get irritated when the phone rings all the time? A noisy neighbour on a Sunday really stresses me out if I'm trying to relax. A lot of people get anxious when they're stuck in traffic.

We're going to look at stress and the language of stress. We've heard quite a few phrases related to it already.

To panic, which means to feel a bit scared and worried and to be not able to think clearly.

To feel irritated - to feel a bit angry or annoyed.

To feel stressed out - a more colloquial way of saying to feel stressed.

Anxious – worried, nervous – you could also use the word 'tense'.

Well all kinds of things can make people feel stressed out and anxious. When we asked people on the street what was making them feel tense, there was one answer that came up quite a lot. What was it?

VOICES

Jackie: That wasn't too difficult, was it? Exams were making quite a lot of people feel stressed in the interviews we heard there. So what do they do to 'beat the stress', which means to fight the stress and get rid of it? Let's listen to their ways of coping.

VOICES

Jackie: If something is making you worry, you might just want to get it over with.

VOICES

Study as hard as I can and get it over with.

Jackie: To do it so you don't have to worry about it any more. Listen to this phrase in use.

VOICE

I'm really scared about the presentation, but I'll ask if I can go first, that way I'll get it over with.

Jackie: Let's hear from another stressed student.

VOICES

Well a day like today is a nice day. Just walk around the city and get away from it all for a bit.

Jackie: Another thing to do is get away from it all. To 'get away from it all is an expression we use quite a lot if we've had enough and need a break.

VOICE

Let's go to Paris this weekend, I just want to get away from it all.

Jackie: What other tips did our interviewees give?

VOICES

Ignore it, just sort of set your own goals and achieve your own targets you can achieve.

Jackie: Ignore it, pretend it's not there. He also had a good bit of advice, which was 'set your own goals and achieve the targets you can achieve'. In other words, be realistic about what you can and can't do and don't worry about anyone else. Set your own goals. This is perhaps a less healthy solution that was suggested.

VOICES

What do you do to overcome the stress?

Drink.

Jackie: We've heard some of the language of feeling stressed – to panic, feel irritated, anxious, stressed out, nervous. What about the language of making yourself happy again? Which two phrases are used here to talk about making yourself feel better?

VOICES

There's quite a few films that I always like to watch to cheer myself up. I've got quite a few comedies on DVD, so I'll put one of those on.

I would normally go to see a film or cook myself a wonderful meal to comfort myself.

Jackie: Did you get it? One expression was 'to cheer myself up'. Listen to other examples of this phrase in use:

VOICES

Cheer up! It's not all that bad!

I've had a horrible day and I need cheering up!

Jackie: The other phrase was 'to comfort myself'.

VOICES

Cook myself a wonderful meal to comfort myself.

VOICE:

James looks very sad, you should go and comfort him.

Jackie: There's another expression that's developed using 'comfort'. Here's a clue as to what it is about:

VOICE

I like to eat chocolate

Jackie: It's 'comfort food' - food that we eat when we're stressed or feel unhappy to cheer ourselves up. It's usually something not very healthy, such as chocolate or cake. Finally, my favourite tip for how to cope if you're feeling anxious or irritated is this one:

VOICES

Give my little boy a cuddle.

Jackie: Give someone 'a cuddle'. Take them in your arms and hold them.