



English Talkies

# Work Stress Management

Language: English | Level: B1

Learn to discuss workplace stress and weekend plans naturally. Master vocabulary and grammar for professional conversations about managing pressure and relaxation.

## ■ Essential Vocabulary

Word	Definition	Example
stress	mental or physical tension from difficult sit...	Work stress affects my sleep quality
deadline	time limit for completing a task	I have a deadline tomorrow morning
overwhelmed	feeling unable to cope with too much work	I feel overwhelmed with all these projects
unwind	to relax after a stressful period	I need to unwind after this busy week
workload	amount of work assigned to a person	My workload has increased this month
pressure	stress from expectations or demands	There's a lot of pressure to finish early
exhausted	extremely tired physically or mentally	I'm exhausted from working overtime
recharge	to rest and regain energy	I need weekends to recharge my batteries
manage	to control or handle something effectively	How do you manage your time so well?
balance	equal attention to work and personal life	Work-life balance is very important
prioritize	to arrange tasks by importance	You should prioritize urgent tasks first
demanding	requiring much effort or attention	My boss is very demanding lately
take a break	to stop working temporarily to rest	Let's take a break for coffee
cope	to deal with something difficult	How do you cope with workplace stress?
hectic	very busy and full of activity	This week has been absolutely hectic

## ■ Key Phrases

I'm feeling overwhelmed → I'm feeling overwhelmed | How do you manage → How do you manage | I need to unwind → I need to unwind | Work-life balance → Work-life balance | Take a break → Take a break | Recharge my batteries → Recharge my batteries

## ■ Grammar Rules

1. Present Perfect for Work Experience: Use present perfect to describe work experiences that affect the present. Form: have/has + past participle.
2. Modal Verbs for Advice: Use should (strong advice), could (suggestion), might (gentle possibility) for workplace advice. Modals make suggestions polite.
3. Going to for Future Plans: Use 'going to' for plans already decided, especially weekend activities. Shows intention and preparation.
4. First Conditional for Work Situations: Use if + present simple, will + base verb for real possibilities. Expresses cause and effect in work scenarios.
5. Adjectives for Emotions and States: Use -ed adjectives for feelings (overwhelmed, exhausted) and -ing for causing the feeling (demanding, stressful).
6. Prepositions with Work Expressions: Use specific prepositions with work phrases: under pressure, at work, on a deadline, from stress.

## ■ Study Tips

1. Practice work vocabulary in real situations | 2. Use modal verbs to soften advice appropriately | 3. Master present perfect for work experience discussions