



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