

## Lesson 72: Stress

By Xandra

### 1. Dialogue

First, repeat after your tutor. Then, practice each role.

Keiko: Thanks for inviting me to the spa, Kathy. I've wanted to come here for a long time.

Kathy: You deserve to be here. Honestly, you look haggard. You should make spa time a weekly habit.

Keiko: How often do you come here to relax?

Kathy: As much as I can. Balancing work and family life is **no easy task**.

Keiko: I know what you mean. I have tried telling my husband about my stress. He usually says something nice but it still doesn't take away my exhaustion.

Kathy: That sounds just like me and my husband.

Keiko: I wonder how he's doing at home. I left him with our three kids.

Kathy: Haha! I did the exact same thing. Now let's stop worrying for now and just try to relax.

### 2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. Being a CEO is **no easy task** for a woman.
2. Adapting to life in another country is **no easy task**.
3. Speaking in front of a big audience is **no easy task** for me.

\* no easy task / 決して容易ではない

### 3. Your Task

Your boss has been giving you a lot of work lately. You are quite stressed about the work load and about meeting deadlines. Tell your boss (=your tutor) of this situation. Give him suggestions on how things can be efficient in the office without stressing anyone.

### 4. Let's Talk

How do you deal with a stressful situation?

Who handles stress better: men or women? Why do you say so?

Do you think that life can be stress-free? Explain your answer.

### 5. Today's photo

Describe the photo in your words as precisely as possible.



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