

Lesson 72: Stress

By Xandra

1. Dialogue

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

Machiko: What's wrong with me, doc?

Dr. Jones: All the tests came out normal. There are no indications that you have anything serious.

Machiko: That's good to hear. But surely something caused my sudden dizziness. I've been experiencing it for quite some time now.

Dr. Jones: Based on the good condition of your body, I can only think that emotional stress is causing your health issue.

Machiko: The truth is I have been under a lot of pressure at work.

Dr. Jones: If you're unable to handle stress, it will **take a toll on** your health. It can lead to high blood pressure.

Machiko: What do you suggest that I do, doc? I can't just drop everything and go on vacation. I have deadlines to meet.

Dr. Jones: My advice is to take some time off work. Otherwise, your condition could get worse. You could take a sick leave, couldn't you?

Machiko: (thinking) I suppose I could.

Dr. Jones: A week's rest would do your body a lot of good. Just make sure that you stay away from any stressful environments during your vacation.

2. Today's Phrase

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

1. Stress has **taken a toll on** Jack's health. He has been in and out of the hospital lately.
2. Mary was fond of sunbathing in her younger years. It finally **took a toll on** her skin.
3. You may not feel the effect of smoking now but it will eventually **take a toll on** your lungs.

* take a toll on ... /...に被害を与える、...に犠牲を強いる

3. Your Task

You are a yoga instructor. The first thing that you do in yoga class is to make the students feel relaxed. Tell them (=your tutor) to close their eyes and breathe deeply. And then, make them imagine that they're relaxing on a beach. Mention the cool summer breeze, the sound of the ocean and the white sand.

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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