

IELTS ENGLISH PODCAST. STRESS. TRANSCRIPT

Part 1. Do You Often Feel Stressed?

I have certainly felt stressed in the past, but nowadays I don't often feel stressed. I think that I have much less stressors in my life. My business is fairly calm and running well, reasonably well and family life is content. So no, I'm not very stressed nowadays.

Part 1. How Do You Usually Deal With Stress?

Okay, so this is our alleviate question, right? How do you usually deal with stress? In order to, if I am stressed, I do like to unplug, which means to get away from my digital devices as much as possible and very often I wind down with a book. For me, I love fantasy or science fiction, something that's really away from regular life that takes me away to another place, and that helps me relieve stress.

Part 2. Describe A Time When You Felt Stressed.

I'd like to tell you about building my business in 2017. In 2016 I started my business, but in 2017, I started building it, meaning I started writing the textbooks. I rented an office, I started to build a student base. In 2016, maybe I had 20 students, but through 2017 I expanded to perhaps 40 or 50. So 2017 was a big year of building my business and the workload was very high. I very often went to work at seven, and I got home at ten, and I remember I used to work on Sundays as well. I worked seven days a week. There was a lot of pressure on me, and it had a big effect on my health.

So let me tell you a little more about this year, 2017. It really built up through the year. It felt okay at the time, but then towards the end of the year, it built up, and the workload overwhelmed me and I had to find ways. Firstly, I had to cut down my work a little bit, but also I had to find ways to alleviate the stress. I went to the gym, I started going to the gym at that time and I think that that had a big, it was a big help.

What I noticed from my friends and my girlfriend at the time was that I was becoming quite unpleasant and irritable and of course, that was a symptom of being very stressed. So for me personally, I learned that dealing with stress...

VOCABULARY

alleviate (verb) – to make something feel less bad or painful.

calm (adjective) – feeling peaceful and not worried or angry.

cut (verb) – to use something sharp to break or divide something.

irritable (adjective) – getting annoyed or angry easily.

stressor (noun) – something that makes you feel worried or stressed.

symptom (noun) – a sign that something might be wrong with your body or mind.

unpleasant (adjective) – not nice, something you don't like.

workload (noun) – the amount of work someone has to do.