

Welcome to five minutes of English!

Hello everyone! My name is Toby, and I am so excited to be your English teacher today. We're going to talk about something that is so so common, everybody faces this issue at some point in their life. What am I talking about? Stress. Today's topic is stress.

Take a look at this lady in the picture. She is so stressed, she has so much work to do, she does not know where to focus first.



Do you ever feel like that? You have a family to take care of, supper needs to be cooked, you have work to do for your job, the phone is ringing. You're overwhelmed, you're stressed.

When you start feeling pressured - like you have too much to do and you can't manage it - that is the feeling that we call stress.

Let's understand something very very powerful about today's psychology, the way today's world runs. Today, the whole world is very fast paced. Everyone's running and doing and busy, and therefore - many many people are walking around super super stressed. People are overwhelmed, they're rushed. And so stress is one of the most common issues of today.

Many people view their bodies as a machine. They look at a car or a washing machine or an oven, and they think: These machines could work from morning until night without rest. And they look at themselves and they think that their bodies are also machines, and they should also work from morning until night without rest. However, that is a very very big mistake. We are not machines. We are human, we are people, and we have other needs. We cannot work from morning till night without a rest, without recovering, without re-energizing ourselves.

So I have a great technique for you. Scientists came to the conclusion that taking breaks from your work to do something you enjoy actually helps us accomplish more. Now, what do I mean by taking breaks? Not just taking a break to rest or go to sleep for a few minutes, but taking a break to do something that you enjoy doing - a hobby or a talent.

Anything that makes you feel: Ahh, I'm enjoying life, I feel good about myself when I do this. I feel connected to who I really am. I'm not just a machine. I'm a person. When I give myself time to do this, I feel myself becoming more energized. I feel at peace. For one person that might mean taking time to bake a beautiful cake; someone else might take some time to draw or paint; some people might choose to take a course, whether in photography or cookie decorating.

You know, you might think: That's a very nice idea, but I do not have time in my life to take breaks and do what I enjoy. I have serious work to do. But you know what? Taking breaks to do things that make you feel good, actually makes you a better worker the rest of the time.



You become a person who is capable, who is able to accomplish so much more. When you're not stressed, everything else you do will be done so much better.

Task:

Now take a minute to think: What is it that you could do that will make you feel good? Which activity or hobby gives you that feeling of enjoyment, energizes you, gives you power to continue working and doing everything you need? Think for a minute. What do I want to do that will make me into a better, calmer, more relaxed person?