

94.08.15 workshop FRI session 29 speaking Stress Management

1. The main contributing factor is
2. The growing complexity of the modern world
3. The speed of change pervades every aspect of our lives
4. Not very long ago people were guaranteed a job for life
5. This is no longer the case
6. People may be obliged to change career
7. more than once in their life-times
8. Technology is developing at a rapid pace
9. We are constantly living in a state of change
10. We have to update more and more frequently
11. Another cause is population growth
12. As resources become/grow more scarce, there is more pressure on the infrastructures such as roads, schools, hospitals
13. the media only serve to compound the problem
14. A constant barrage of advertising is directed at the public
15. They are induced into buying more and more
16. Despite themselves
17. However, despite the numerous factors behind stress
18. There are several courses of action open to everyone
19. The most important of which is education
20. Health services could embark upon a massive stress-awareness campaign
21. We must make individuals aware of the reasons and the solutions
22. These programs should be aimed at increasing people's threshold of coping with stress
23. Running relaxation classes
24. The problem is there and is growing
25. Solutions are available too
26. Humans have the capacity to adapt and survive

Good luck!