

Jun: Hi, Ken. You don't look too well. What's going on?

Ken: Nothing much. I'm just a little stressed out.

Jun: How so? What's stressing you out?

Ken: Well...actually, my work. It's been quite stressful now.

I can't go into the details of our project, but suffice it to say,  
I have to handle some conflicts.

Maybe coz I don't have hands-on experiences.

Jun: Well, or perhaps you are taking on too much.

Ken: Not certain that. What do you do to handle with the stress?

Jun: Not much I can do. It's always there.

But drinking is the best way to deal I think...though it's just a  
temporary solution. The stress always returns in the morning.

Ken: That sucks. What are you doing tonight?

You wanna go grab a beer?

Jun: Nothing planned. I'm always up for a drink. But are you sure?

We have to work tomorrow.

Ken: We won't stay out too late. I just need to forget about all this stuff.

1. What stresses you out the most?

2. How does stress affect you?

3. How do you relieve your stress?

### Vocabulary & Expressions

- We usually complain about our jobs over a drink.
- My girlfriend gives me the most stress.
- Work is kicking my ass. I'm so stressed.
- I had a difficult time keeping up with my team.
- I feel a little rusty.
- So many people are counting on me. What if I let them down?
- I have so much debt. I don't know what to do.
- Stay confident!
- Don't be pessimistic. Things are still up in the air.
- Let's think of a step by step plan!
- Hang in there! Tomorrow is Friday!
- Everything will work out.
- Look at the bright side.
- Chin-up!

