

UNIT 6: PRESSURE (Reading and Writing)

READING 1: PRESSURE ON PARENTS

Discuss

1/ How do you feel mentally and physically when you are under pressure?

About mentally: become angry quickly, cannot relax, avoiding other people, lose motivation, depression,...

About physically: dry mouth, headaches, painful stomach, increase heartbeat, cannot sleep,...

2/Do you think pressure is ever positive?

Pressure can be both positive and negative depends on each situation. Because pressure creates diamonds and makes motivation to overcome obstacles but if you let pressure becomes too big. It turns into a mental ghost and overwhelms you. So we think we should balance mental health.

3/ Do you think people learn to react like this to pressure or is it a natural human reaction to danger?

We think both of it. Physical signs of stress are natural human reaction to danger like we said. About mental, we think that has two sides. When people learn to have a positive reaction, they know how to keep their mind clean by doing exercises, meditation or entertaining. On the other hand, some people react negatively. They fall in bad mood, overthinking that make it more depressed.

***How often do you feel under pressure?**

Honestly, I sometimes feel under pressure. Because I am quite an OCD person so I try my best to do all the things perfect as much as I can.

***What things make you feel stressed?**

- Important exam
- Toxic relationship
- Get in serious trouble with friends
- Make friends in new class

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Table of Contents Examples Of H Jun13 Engb1

1. Understanding the eBook Examples Of H Jun13 Engb1
 - The Rise of Digital Reading Examples Of H Jun13 Engb1
 - Advantages of eBooks Over Traditional Books
2. Identifying Examples Of H Jun13 Engb1
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Examples Of H Jun13 Engb1
 - User-Friendly Interface
4. Exploring eBook Recommendations from Examples Of H Jun13 Engb1
 - Personalized Recommendations
 - Examples Of H Jun13 Engb1 User Reviews and Ratings
 - Examples Of H Jun13 Engb1 and Bestseller Lists
5. Accessing Examples Of H Jun13 Engb1 Free and Paid eBooks
 - Examples Of H Jun13 Engb1 Public Domain eBooks
 - Examples Of H Jun13 Engb1 eBook Subscription Services
 - Examples Of H Jun13 Engb1 Budget-Friendly Options
6. Navigating Examples Of H Jun13 Engb1 eBook Formats

- ePub, PDF, MOBI, and More
 - Examples Of H Jun13 Engb1 Compatibility with Devices
 - Examples Of H Jun13 Engb1 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Examples Of H Jun13 Engb1
 - Highlighting and Note-Taking Examples Of H Jun13 Engb1
 - Interactive Elements Examples Of H Jun13 Engb1
 8. Staying Engaged with Examples Of H Jun13 Engb1
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Examples Of H Jun13 Engb1
 9. Balancing eBooks and Physical Books Examples Of H Jun13 Engb1
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Examples Of H Jun13 Engb1
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Examples Of H Jun13 Engb1
 - Setting Reading Goals Examples Of H Jun13 Engb1
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Examples Of H Jun13 Engb1
 - Fact-Checking eBook Content of Examples Of H Jun13 Engb1
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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