

BBC Learning English

6 Minute English

Stress at work



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Doug: Hello, I'm Doug Campbell and this is 6 minute English. Today we're talking about *stress*. Stress at work. And I'm here with the very relaxed Jackie Dalton.

Jackie: Hi Doug, yes our topic today is about difficult jobs – they can make you feel really stressed.

Doug: And Jackie as usual I have a question for you.

Jackie: Okay, well now I am feeling stressed! What's the question?

Doug: Okay, here we go. Which of these three jobs is considered the most stressful?

Is it

a) a broadcaster

b) a teacher

c) a pilot

Which of those three jobs is considered the most stressful?

Jackie: Oh that's a very tricky one. I won't say broadcaster because I'm usually not very stressed.

Teacher....I think can be extremely stressful because you've got lots of people with you all the time who you've got to control.

Pilot is probably quite scary because you got to.... you are responsible for lots of lives but I'm going to go with teacher because

I think day to day it's quite a stressful job.

Doug: Okay, we'll check your answers in a few minute. But first here's Val talking to people on the streets of London. Some workers in London are very stressed out! Here's Val talking to her first stressed out worker. What's her job?

Val and woman

Val: Right, let's find some stressed out people in London. What stresses you out at work?

Woman: Everything!!!!

Val: What do you do?

Woman: I work as a waitress at a hotel.

Val: So that's a stressful job?

Woman: Well, it can be.

Val: What's stressful about it?

Woman: Well, just getting everything done on time and getting all the customers fed at the same time and it's really busy and things like that.

Doug: Well, she's a waitress. She works in a restaurant in a hotel and she says her job can be stressful sometimes.

Jackie: Well if it's a busy restaurant and there's a lot to do that can be really stressful. And I'm sure some customers can be difficult, you know when they complain about the service or the food.

Doug: And there's a lot to do. Getting everything done – that's stressful. You're listening to BBC LearningEnglish.com.

Doug: Now Jackie, so you don't think your job is stressful.

Jackie: I think it's sometimes stressful but it's really not too bad. But there is a lot do and that sometimes stressful but lots of jobs are like that.

Doug: Well let's hear more from Val who is asking our question - what stresses you out at work?

Val and woman

Val: Excuse me Ma'am I just want to ask you a question – What stresses you out at work?

Woman: What stress do I get at work? Everything – too much work.

Val: There you go Doug – too much work. Make sure you don't do much of that today.

Doug: Thank you very much.
Well, what does that woman find stressful at work – “Everything”, she said.

Jackie: Too much work. People often complain about that.

Doug:that you have too much work.
Stress. That's a word you hear a lot. And here are different forms of the word.

Jackie: So yes you can have stress. Stress at work can be a problem.
Stressed. To be stressed. Are you stressed Doug:?
Stressed out. That's a bit more informal. Are you stressed out? I'm feeling stressed out today.
Stressful. Do you have a stressful job?

Doug: You're listening to BBC Learning English.com.

Jackie: Now here are some more key words and expressions about stress. The people talking about their jobs were quite stressed. Perhaps they were in a hurry.
Perhaps they were late for work.

Doug: Well, what's the opposite of stressed?



Jackie: When you are not worried about anything you are very relaxed.

Doug: When you are making a speech – in front of lots of people that can make you feel really stressed. You can be really nervous.

Jackie: But you should relax.

Doug: Which is not very easy.

Jackie: What else is stressful?

Doug: When you are studying English – taking an exam – that’s stressful.

Jackie: It certainly is!

Doug: And we have been talking about jobs today – stressful jobs.
We heard from two women who thought everything about their work was stressful. Here they are again.

Val and woman

Val: Right, let’s find some stressed out people in London. What stresses you out at work?

Woman: Everything!

Val: What do you do?

Woman: I work as a waitress at a hotel.

Val: So that’s a stressful job?

Woman: Well it can be.

Val: What’s stressful about it?



Woman: Well just getting everything done on time and getting all the customers fed at the same time and it's really busy and things like that.

Val: Excuse me Ma'am I just want to ask you a question – What stresses you out at work?

Woman: What stress do I get at work? – everything – too much work.

Val: Thank you

Doug: Okay and finally my question

Which of these jobs is considered to be the most stressful job?

Is it

a) a broadcaster

b) a teacher

c) a pilot

It was a tricky quiz today.

Jackie: Yes it was and I guessed teacher, but I imagine they can all be stressful at some time.

Doug: Yes but I think most people would say that B, a teacher, is the most stressful job, because if you're a pilot ...yes, even though a pilot and perhaps a broadcaster – those jobs can be stressful, surveys say that a teacher is the most stressful job. Big responsibility – you're taking care of lots of students.

Jackie: Yes. I can see that.

Doug: That's all for now. Goodbye

Jackie: Goodbye.