

Breaking stuff to relieve stress?

<https://www.youtube.com/watch?v=-PGkSxsduAY>

In this video from CNN reporter Holly Firmer goes to Atlanta to try a room where you can break things to relieve your stress.

Warm Up Questions

Are there situations that you find stressful?

What is the most stressful part of your day?

Do you internalize or externalize your stress?

Listening Questions

What is 'the break room' for?

What is the number one rule?

What type of 'tools' are available?

What sort of things is the reporter angry about?

How does she feel at the end?

Vocabulary

accumulation gear hormones prolong repetitive session tense therapy
traffic virtually

- The scouts packed their camping _____ and set out on a hike.
- One way to _____ a pet's life is to feed it well.
- _____ movements of the wrist can cause work-related injuries.
- The _____ of snow on the road made driving difficult.
- We expected the restaurant to be busy but we were surprised to find it _____ empty.
- _____ produced by this gland control the body's growth.
- My father sounds _____ when I call him at work.
- Eric will need months of physical _____ before he can play football again.
- There is always a lot of _____ into the city in the mornings.
- This _____ of court will last for six weeks.

Follow Up Questions

Would you pay to do this?

Have you ever broken something? On purpose or deliberately?

What is something repetitive you do at school or work?

Do you, or someone you know, have a hobby that requires a lot of gear?

How do you relax?

Transcript: Breaking stuff to relieve stress?

I am getting geared up to face my stress head on. For years I have learnt about the bad side effects my body's reaction to the fight or flight gene can have on my health. But don't just take my word for it. When we have repetitive stress, when it is continuous, prolonged. Its the accumulation of these stress hormones that can make stress harmful for you. Stress can harm virtually every part of your body. So I've decided to fight back. My battle ground? A place just outside of Atlanta called 'The Break Room'. The Break Room is essentially a place you can come to relieve stress and have fun at the same time. And, just like the name suggests, you come here and break stuff. Before we get to that part, there are some rules.

Rule number one. You must wear all your safety gear at all times. The only exception is, you can take your gloves off to handle the music and handle pictures and videos which I highly recommend. They are always fun to watch again later.

There also rules on safety on where you can throw things. Once that is out of the way you get to pick out the things that you want to break.

And then you go for it!!

We've got a few items. We've got bats, hammers, crow bars. We've got a sledge hammer.

The idea first started in Japan but it's slowly becoming popular here. A different kind of stress relief with both endorphins produced and calories burned as a plus.

This is when nobody does the dishes. And this is when I do all the laundry. And this is me in traffic.

It's a 15 minute session. The items in the packages vary. There are five or six different packages you can get.

These are my taxes. Before they come in and before they break anything. You can tell they are very tense people right? And after they break you can see the weight lifted off their shoulders.

On no, you cant get away from me here. Yep, this break it you bought it therapy session worked for me. I feel better, much better.

CNN Atlanta