

humorous contests, holidays, skits. All this proves that one of the most common speech genres in our time has become a joke - the main "tool" of comedians. Perhaps that is why witty jokers, around whom there is always fun and smiles, are universal favorites.

As a result of our work we collected different anecdotes which will be interesting to read.

This work will also be useful because it will allow students to use the material to prepare for training sessions, extracurricular activities, and will expand the vocabulary. And the main thing is to use jokes in life situations: to be able to show what is happening in a funny light and to be able to defuse a tense psychological situation.

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STRESS CAN BE POSITIVE

In our modern world every day we experience stress. Day to day we are in a race to successful life. We forget about everything striving for our goals and we constantly raise the bar. But what if I told you that stress helps us to survive in this cruel world and it even can be positive?

Very often people don't find personal satisfaction in their work and don't love what they do. They have no sense of personal accomplishment and self-satisfaction. There are a lot of stressful events in our lives, such as divorce, losing a job or having difficulties at home or at work. But changes

for the better can also cause stress, like a new baby, a wedding, and a new house. Living in a rush leads to depression, sleep deprivation, anxieties, overeating and just causes a decrease in the quality of life. More and more people start caring about their state of mental health. We shove a bunch of pills into ourselves, make an appointment with a psychiatrist in order to get rid of stress. I might upset you saying that it's impossible to live without any stress.

Goals:

1. to explain what stress means;
2. to show the positive side of stress;
3. to convince you of changing your attitude to stress.

What is stress?

Stress is the state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Stress manifests itself in different ways. The signs of stress can be physical or emotional.

Stress, in everyday terms, is a feeling that people have when they are overloaded and struggling to cope with demands.

Stress can be a motivator. It can be essential to survival. The “fight-or-flight” mechanism can tell us when and how to respond to danger. Stress helps the body prepare to face danger.

Short-term stress can be helpful, but long-term stress is linked to various health conditions.

We can prepare for stress by learning some self-management tips.

Surprising health benefits of stress

Moderate amounts of stress can actually make you stronger, smarter, and happier. There are 10 surprising benefits of stress: stress can make your brain grow, can improve your memory, can give you energy, can keep you from getting ill, can make your kids savvy, helps you to get in the zone, can give you confidence, makes you better adjusted, can help you handle more stress.

You're more likely to see your life as meaningful.

Changing your attitude to stress and learn how to manage it.

Stress is not as dangerous but as our belief in its danger. Stress is not so horrible as our attitude to it. We need to accept the stress as a part of our everyday life. We should take stress as a challenge due to we grow. We can change our life if we change our way of thinking. Don't be afraid of stress. Our life is a projection of our thoughts. If you see your life as suffering and hardship it will be like this. Always keep in mind that stress is not only about harm and try to stop being focused on those unpleasant moments of your life. We see what we want to see!