

Beginner Chat Room
2:10–2:50 p.m., July 7th and 9th, 2026

Theme: Stress Relief

テーマ：ストレス発散法

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

初めての方の自己紹介：

- 名前：My name is...
- 出身：I am from...
- 職業あるいは主婦：I am a.../I do...for a living./I work for...
- 趣味あるいは好きな活動：I.../I like to...

Questions:

1. What makes you feel stressed?
2. What happens to you when you feel stressed?
3. What do you do when you feel stressed?
4. Are there any hobbies that help you relieve stress?
5. Do you prefer to be alone or around other people when you are stressed?
6. Is your life more or less stressful now than in the past?

質問：

1. どんなことにストレスを感じますか。
(例：I feel stressed when I don't have time.)
2. ストレスを感じるとどうなりますか。
(例：When I'm stressed, I feel irritated and unable to concentrate.)
3. ストレスを感じたときにはどうしますか。
(例：I like to eat sweet things when I'm stressed.)
4. ストレスを解消する趣味はありますか。
(例：One of my hobbies is reading. It helps me relieve stress.)
5. ストレスを感じたときは、一人でいたいですか。それとも複数人（友達など）でいたほうがいいですか。
(例：I prefer to be alone when I'm stressed.)
6. 今の生活は前と比べてストレスが多いですか。少ないですか。
(例：My life is less stressful now than in the past. I have learned to relax.)