

## Stress baking helped during U.S. election

5th November, 2020



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The 2020 U.S. presidential election was a stressful event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main cause of stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the 2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day yet this year. In addition, 59 per cent said they couldn't imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care app Shine, said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

The months of non-stop news coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in popularity in 2020. More cakes and bread have been going into ovens in the run-up to the election. Stress baking is now in the top five most effective self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to gain weight. One American woman said stress baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

Sources: [cnet.com](https://www.cnet.com) / [delish.com](https://www.delish.com) / [swnsdigital.com](https://www.swnsdigital.com)

### Writing

Baking is a great way to relieve stress. Discuss.

### Chat

Talk about these words from the article.

presidential / election / stress / research / adults / imagine / app / marathon / normal / coverage / bake / popularity / cakes / bread / oven / stress / weight / plan / winner

### True / False

- a) The article said the U.S. election was stressful for everyone. T / F
- b) Over half of people in a poll said the election was a main cause of stress. T / F
- c) Over half of people polled said election day was the tensest day this year. T / F
- d) An app cofounder said we should run marathons to reduce stress. T / F
- e) Looking at non-stop news stressed many people out. T / F
- f) There were many cakes and bread in ovens before the election. T / F
- g) Over half of people polled gained weight in 2020. T / F
- h) A woman said there may not be an election winner for weeks. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                       |                    |
|-----------------------|--------------------|
| <b>1. stressful</b>   | a. round-the-clock |
| <b>2. poll</b>        | b. furthermore     |
| <b>3. cause</b>       | c. obvious         |
| <b>4. in addition</b> | d. survey          |
| <b>5. normal</b>      | e. successful      |
| <b>6. non-stop</b>    | f. ordinary        |
| <b>7. rose</b>        | g. put on          |
| <b>8. effective</b>   | h. demanding       |
| <b>9. gain</b>        | i. increased       |
| <b>10. clear</b>      | j. source          |

### Discussion – Student A

- a) What do you think of the US presidential election?
- b) What did you think of the candidates in the election?
- c) What do you think of elections in your country?
- d) What do you think of 2020?
- e) How stressful is election time?
- f) How stressful has 2020 been?
- g) What was your tensest day of 2020?
- h) How can we cope with a 'marathon of stress'?

## Phrase Match

- |                                                |                       |
|------------------------------------------------|-----------------------|
| 1. conducted by the marketing                  | a. up to the election |
| 2. November the 3rd, 2020 would be the tensest | b. of stress          |
| 3. they couldn't imagine being                 | c. winner for weeks   |
| 4. this year has been a marathon               | d. more stressed      |
| 5. These are not normal                        | e. research company   |
| 6. The months of non-                          | f. popularity in 2020 |
| 7. Stress baking rose in                       | g. reliever           |
| 8. in the run-                                 | h. times              |
| 9. people used baking as a stress              | i. stop news coverage |
| 10. we probably won't have a clear             | j. day yet this year  |

## Discussion – Student B

- What do you think about what you read?
- What do you think of baking?
- What do you think of freshly-baked cakes and bread?
- Do you think baking relieves stress?
- What do you think is the best way to relieve stress?
- Who did you want to win the US election, and why?
- What do you think the next few weeks will be like in the USA?
- What questions would you like to ask a baker?

## Spelling

- The 2020 U.S. eisrindaeltp election
- A poll cdeucndot by the marketing research company
- 2,000 adults in the syvuer
- It's not just the election xitenya
- a otramnha of stress
- These are not ramlno times
- months of non-stop news geaovrce
- rleeevi stress
- Stress baking rose in otluyapirp
- top five most ctfveeife self-care practices
- baking eruddec her election stress
- I'm aperdpre and have a post-election plan

### Answers – Synonym Match

1. h	2. d	3. j	4. b	5. f
6. a	7. i	8. e	9. g	10. c

## Role Play

### Role A – Baking

You think baking is the best thing to relieve stress. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): laughter, studying English or eating.

### Role B – Laughter

You think laughter is the best thing to relieve stress. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): baking, studying English or eating.

### Role C – Studying English

You think studying English is the best thing to relieve stress. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): laughter, baking or eating.

### Role D – Eating

You think eating is the best thing to relieve stress. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): laughter, studying English or baking.

## Speaking – Stress Relief

Rank these with your partner. Put the best things for stress at the top. Change partners often and share your rankings.

- |                      |            |
|----------------------|------------|
| • Baking             | • Exercise |
| • Laughter           | • Eating   |
| • Being with friends | • Music    |
| • Studying English   | • Sleep    |

### Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.