# 19 助言と提案

助言や提案をするときは、"could"や"should"、"must"などの 助動詞を使います。困っている同僚を手助けしたいとき、 これらの表現を使いましょう。

- ☆ New language 助言を表す助動詞
- Aa Vocabulary 職場のストレス
- ▶ New skill 助言をする



#### 19.2 FURTHER EXAMPLES 助言の表現の例



"ought to"も強い助言を表す

You ought to make a list of all your tasks.



否定文は 助動詞の後に"not"をつける

You shouldn't work through your lunch break.





### 19.4 右の枠内から正しい語を選び、下線部を埋めましょう。

You really need a break. You \_\_\_\_\_\_shouldn't take \_\_\_\_ work home.

1 My wife said I \_\_\_\_\_\_\_ yoga and relaxation techniques.
2 You \_\_\_\_\_\_ working right away if you feel sick.
3 You \_\_\_\_\_\_ a break if you're really tired.
4 You \_\_\_\_\_\_ exhausted at the beginning of the week.
5 You \_\_\_\_\_ some of your work to your assistant.

ought to take
could try
shouldn't feel
must delegate
should stop

19.5 誤りを正して

You **ought** talk to your manager.

文を書き直しましょう。

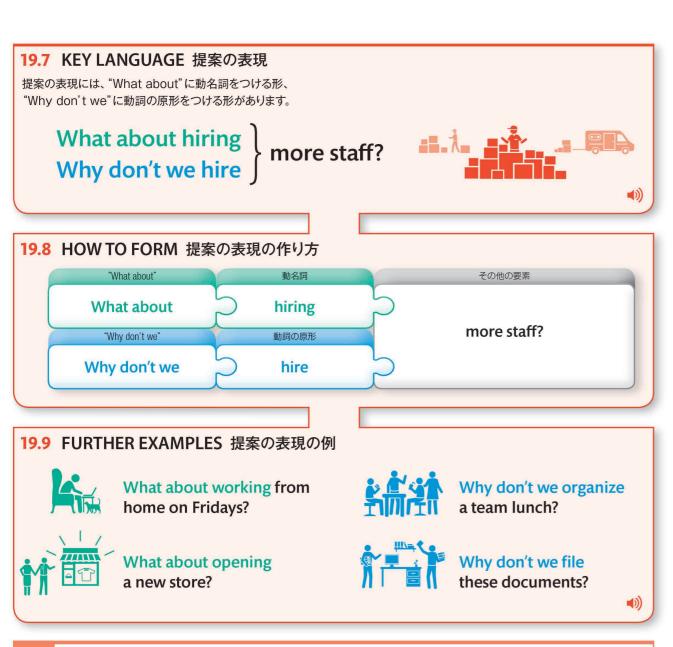
You ought to talk to your manager.

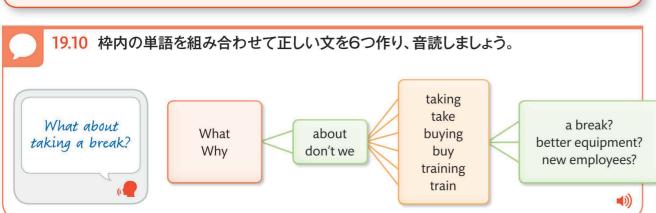
- 1 You are ought to relax more.
- 2 You must to stop taking work home every day.
- 3 He could trying to delegate more tasks.
- 4 You shouldn't to worry so much about work.
- She shoulds talk to her colleagues.
- 6 He ought to quits his job if he hates it.

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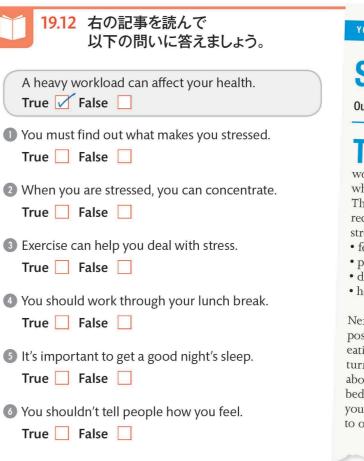


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#### YOUR HEALTH

## Stressed out at work?

Our experts give advice about coping with a busy workload

o protect your health from the effects of a heavy workload, you must discover why you feel stressed at work. Then you should learn to recognize signs of excessive stress, such as:

- · feeling depressed
- problems sleeping
- difficulty concentrating
- headaches.

Next, you ought to develop positive coping strategies such as exercising and eating well. Have a real break at lunchtime. This in turn will help you sleep better and longer. What about making your night-time routine and your bedroom more relaxing? Sleep is very important, so you shouldn't miss out on it. Finally, you should talk to others about your feelings.

True False		to others about your feelings.	1
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19 <b>⊘</b> CHECKLIST			
♥ 助言を表す助動詞 □	Aa 職場のストレス	♣ 助言をする □	
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