Mmm num ba dah

Dum bum ba behMmm num ba dah

Dum bum ba beh

Doo buh dum ba beh beh

Pressure

Pushing down on me

Pressing down on you

No man ask for

Under pressure

That burns a building down

Splits a family in two

Puts people on streets

Mmm ba ba beh

Mmm ba ba beh

Bee de dah

Ee deh da, that's okay

It's the terror of knowing

What this world is about

Watching some good friends

Screaming "let me out"

Pray tomorrow

Gets me higher

Pressure on people

People on streets

Deh deh dep

Mmm, mmm

Dah dah dah bah buh

Okay

(Ooh) Chipping around

Kick my brains 'round the floor

These are the days

It never rains, but it pours

Ee do ah buh

Ee dah buh bah bop

Mmm do bop

Beh la

People on streets

Dee dah dee dah deh

People on streets

Dee dah dee dah dee dah dee dah

It's the terror of knowing

What this world is about

Watching some good friends

Screaming "let me out"

Pray tomorrow gets me higher, higher, high

Pressure on people

People on streets

Turned away from it all like a blind man

Sat on a fence, but it don't work

Keep coming up with love, but it's so slashed and torn

Why? Why? Why?

(Love)

Insanity laughs under pressure we're cracking

Can't we give ourselves one more chance?

Why can't we give love that one more chance?

Why can't we give love, give love, give love, give love

Give love, give love, give love, give love?

'Cause love's such an old fashioned

Word and love dares you to care for

The people on the edge (People on streets) of the night

And love dares you to change our way of

Caring about ourselves

This is our last dance

This is our last dance

This is ourselves

Under pressure

Under pressure

Pressur

Doo buh dum ba beh beh

Pressure

Pushing down on me

Pressing down on you

No man ask for

Under pressure

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This is our last dance

This is ourselves

Under pressure

Under pressure

Pressur

After watching the video and reading the lyrics, answer the following questions:

1. What does the line “ It’s the terror of knowing what this world is about?”
2. What kinds of pressures are mentioned/alluded to in the song?
3. What answers to combating pressure does the lyricist offer? Give an example of this that proves this to be true.

Now watch the video : Emotions, Stress & Health.

What suggestions does the video have for managing stress in a positive way?

In whjat ways can stress effect someone’s health?

After studying both of these pieces of text, list

THREE connections you can make to Catcher in the Rye

3.

2.

1.

TWO pieces of information you think are the most important for Holden to know but doesn’t.

2.

1.

ONE piece of information that you could implement into your own life as a way to manage stress.

1.