



Extra training

Use of English Task 345

Read the text and fill in the gaps with words/ phrases from the list.

- nutritious • out of hand • overwhelmed • essential • lighten the load • relieve
- grin and bear it • keep things in perspective • positive

What with heavy workloads and pressure to get good grades, many teens today feel **1**_____. Some try to **2**_____ but stress affects their health all the same. Learning how to manage stress and maintain a **3**_____

attitude is crucial. But what are the ways teens can beat those feelings of stress? Well,

to begin with, teens can learn time-management skills. Time-management is **4**_____ if last-minute exam cramming and assignment panic is to be avoided. Secondly, busy teens should think of ways to **5**_____.

For example, those with part-time jobs or a lot of extracurricular activities should seriously consider dropping some of them around exam time. Thirdly, teens should pay attention to their health. **6**_____ meals and adequate sleep are stress-busters! Exercise too should not be forgotten. Working-out is a great way to deal with tense muscles and **7**_____ stress. Finally, teens should realise that there is never a need for things to get **8**_____. Parents, teachers, guidance counsellors and friends are all there to help and provide support. Often, simply a talk with a loved one is all it takes to relieve stress and **9**_____.

