

VOCABULARY QUIZ ,STRESS MANAGEMENT¹⁶

Insert the words from the table in the correct places:

exacerbate	anxiety	peer pressure	stressor	lifestyle	deadline	eustress
		emotional	cope	distress		

1. Constant noise can be a _____ because it distracts your attention and causes emotional difficulty.
2. Children normally feel a lot of _____ about their first day at school.
3. He had so much pressure on him in his job that eventually he just couldn't _____ and left.
4. The city _____ seems to suit her - she's certainly looking very well.
5. The final _____ for submissions is 21 February.
6. Teenagers often start smoking because of _____.
7. Ann suffered from depression and a number of other _____ problems.
8. The old lady's _____ at the news could have brought on a heart attack.
9. _____ is positive stress, that comes from positive challenges or exciting experiences.
10. This attack will _____ the already tense relations between the two communities.