



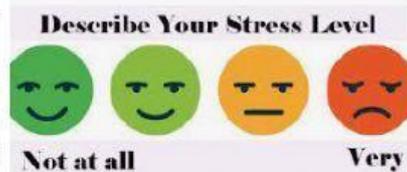
Match the letter to the numbered word

1. breathe	<i>j</i>	a. easily upset, in a bad mood
2. stress		b. feelings: worried, happy, depressed, excited
3. handle		c. very tired
4. memory		d. switch off
5. irritable		e. manage
6. spa treatment		f. massage, facial, sauna, manicure, pedicure
7. emotions		g. something remembered from the past
8. turn off		h. feelings of worry and anxiety
9. motivate		i. inspire you to do something
10. exhaustion		j. take air into your lungs
11. unplug		k. turn off your devices

Some of the effects of stress are:	yes/no
Eating more, gaining weight	
Drinking more liquor	
Getting your hair cut	
Sneezing and coughing	
Not eating, losing weight	
Irritable mood	
Not sleeping	
Exhaustion	



What sentence describes you?	yes/no/ sometimes
I don't worry about things that I can't change	
Stress motivates me	
I feel stressed most of the time	
I don't handle stress very well	



What are some symptoms of stress?	yes/no
Stomach or digestive problems	
Chest pain or racing heart	
Being in a good mood	
Skin problems	
High blood pressure	
Muscle pain or jaw clenching	
Depression	
Poor memory, forgetting things	
Anxiety and worry	



What stresses you out?	yes, no, sometimes
Traffic	
Being late	
New Technology	
Health and Medical issues	
Job	
Speaking English	
Losing stuff	
Family and friends	
Moving to a new place	
Money/Bills	



A good way to handle stress is:	yes /no/sometimes
Do breathing exercises	
Unplug for a while	
Watch a funny movie	
Learn to say "No"	
Talk to friends	
Get a massage	
Exercise	
Go to bed early	
Play a game	
Be in the moment	
Pet an animal	
Hug someone	
Enjoy a meal slowly	
Listen to music/podcast	
Meditate	
Do yoga	
Read a book	
Ignore social media	
Take a long bath	




Exercise - Fill-in the blanks with these words. You can use some more than once

How	Are	Would	Do	Can	What	Let's
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you feeling ok?
you upset?
meet for coffee.
you like to play a game of cards?
you want talk about it?
about going for a walk?
you want to watch some TV?
I get you a cup of tea?
is wrong?
I do anything to help?
you want to hear something funny?