

LISTENING Test 2 Advanced

I Listen to a woman talking about how to beat stress. Answer the following questions.

According to the woman,

1. What does letter “S” stand for?
2. What does letter “T” stand for?
3. What does letter “R” stand for?
4. What does letter “E” stand for?
5. What do the two last “S” stand for?

II Listen again. Fill in the blank with a suitable word/phrase.

Letter involves	“S”	- reducing one (1) or two when too busy.
Letter involves....	“T”	- doing (2) - having (3) in your meals
Letter	“R”	- reading a good book

involves....		- taking up a (4) - walk your dogs, cats out or play with them. - spending some money on a (5)
Letter involves...	“E”	- being (6) about yourself, your abilities and others’
The 1 st letter involves....	“S”	- having a good sleep at nights, but less than (7)
The 1 st letter involves....	“S”	- learning how to become a (8) person.