

1. Read and answer the following questions

SO STRESSED!

A You're always in a hurry. You lose things and forget important appointments. You're tired, but you can't sleep. You do three things at once, but you don't finish anything. You worry about everything and can't see a solution. You're irritable with everyone. What's wrong? You're stressed!

B Teens are under a lot of pressure. School work, exams and deadlines, relationships and social life and your parents' expectations all contribute to this. Nothing seems fun anymore, even the activities you used to enjoy. But did you know you can manage stress and get your life back?

C If you're stressed, your body will produce chemicals that make you feel edgy. Your heart beats faster and your muscles tense up. So it's important to slow down. Find something that makes you laugh, play a game, listen to music or have a relaxing bath. If you find time for just one of these activities, you will feel better. Planning your day also helps you achieve more and feel less pressurized.

D Exercise helps you produce chemicals called endorphins that improve your mood and help you calm down. If you exercise regularly, you will sleep better and feel more relaxed. If you prefer light exercise, why not try something calming like yoga? And if you prefer vigorous exercise, get out there and move that body!

E Teenagers need more sleep than adults. Unless you get enough sleep, you will be unable to concentrate. When you get enough rest, you will be able to handle stress better. So go to bed at the same time every day and create a regular bedtime routine. Also, avoid social media, computer games and the internet before you go to sleep. They stimulate your brain!

F If you want to deal with stress, you must eat a balanced diet. Include vegetables and fruit, bread, rice and pasta, and meat, fish or cheese. Make sure that you eat breakfast and have regular snacks throughout the day. Try to cut out junk food and drink enough water.

G You are not alone – parents, teachers and friends can give you useful advice. Asking for help can make all the difference. You will feel better as soon as you share your problems with someone. They might have a different perspective on your problems – and they can help you to sort them out!

1 What causes teen stress?

2 What happens to your body when you are stressed?

3 How does exercise help you relax?

4 How can you sleep better?

5 What do you think a balanced diet consists of?

6 How can other people help you?

2. Find the words in the article that match with the following definitions

- 1 getting annoyed easily or quickly (paragraph A)
- 2 what you think or hope will happen (paragraph B)
- 3 nervous, anxious (paragraph C)
- 4 using a lot of energy and strength (paragraph D)
- 5 manage, cope with (paragraph E)
- 6 unhealthy, low quality (paragraph F)
- 7 point of view, way of thinking (paragraph G)

3. Vocabulary: Read the box and write the verbs and adjectives for each noun in it.

Many nouns end in *-ion*. They are formed from verbs.

relaxation concentration complication reduction activation correction admission production information

Many nouns end in *-ness*. They are formed from adjectives.

happiness weakness sadness laziness helpfulness kindness silliness loneliness selfishness

• <i>relaxation</i>	<i>relax</i>	• <i>happiness</i>	<i>happy</i>
• concentration		• weakness	
• complication		• sadness	
• reduction		• laziness	
• activation		• helpfulness	
• correction		• kindness	
• admission		• silliness	
• production		• loneliness	
• information		• selfishness	