

Listen to a friend talking about stress. Choose the correct answer A, B, C or D

1. The topic of the talk is _____.

- A. beating stress in your life
- B. avoiding stress to have a good life

2. Life in Hong Kong is _____.

- A. peaceful and not stressful
- B. full of stress

3. The speaker says _____.

- A. you should be afraid of change
- B. Changes are a normal part of everyday life

4. Families in Hong Kong _____.

- A. have lots of people
- B. have few people

5. The speaker says _____.

- A. you should avoid other people to reduce stress
- B. talking to other people helps to reduce stress