

Read the text and fill in the gaps with words/phrases from the list:

nutritious, out of hand, overwhelmed, essential, lighten the load, relieve, grin and bear it, keep things in perspective, positive

Coping with school stress



What with heavy workloads and pressure to get good grades, many teens today feel 1) Some try to 2) but stress affects their health all the same. Learning how to manage stress and maintain a 3) attitude is crucial. But what are the ways teens can beat those feelings of stress? Well, to begin with, teens can learn time-management skills. Time-management is 4) if last-minute exam cramming and assignment panic is to be avoided. Secondly, busy teens should think of ways to 5) For example, those with part-time jobs or a lot of extracurricular activities should seriously consider dropping some of them around exam time. Thirdly, teens should pay attention to their health. 6) meals and adequate sleep are stress-busters! Exercise too should not be forgotten. Working-out is a great way to deal with tense muscles and 7) stress. Finally, teens should realise that there is never a need for things to get 8) Parents, teachers, guidance counsellors and friends are all there to help and provide support. Often, simply a talk with a loved one is all it takes to relieve stress and 9) !