



**Complete the sentences with a word derived from the word in bold.**

Write in **BLOCK CAPITALS** without spaces between the words!!!  
ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!

#### SHOUT IT OUT

The next time you feel like screaming from all the **1** \_\_\_\_\_ of daily living, well go ahead and let it all out, as new **2** \_\_\_\_\_ has found that a good shout can reduce stress by up to 25 percent.

This may sound **3** \_\_\_\_\_ ' but it appears that screaming **4** \_\_\_\_\_ actually helps calm people down and is an **5** \_\_\_\_\_ technique for dealing with stress.

Ever since cavemen roamed the Earth, screaming has helped humans express their **6** \_\_\_\_\_.

"Screaming releases endorphins, the body's **7** \_\_\_\_\_ anesthetic, which makes it a great stress **8** \_\_\_\_\_ says Armand DiMele, a director of a counselling centre in New York.

DiMele explains that when a person screams, they release the **9** \_\_\_\_\_ built up inside their body. His clients do 30 minute **10** \_\_\_\_\_ screaming sessions and usually leave with a feeling of great **11** \_\_\_\_\_ Of course, you can take advantage of this anytime, as even a ten second scream can get rid of a lot of stress!

**PRESS**  
**SEARCH**

**LOGICAL**  
**LOUD**  
**EFFECT**

**FRUSTRATE**

**NATURE**  
**RELIEVE**

**TENSE**  
**THERAPY**

**PLEASE**

**After finishing the task, enjoy the view:**



**Winter in Kolomna**