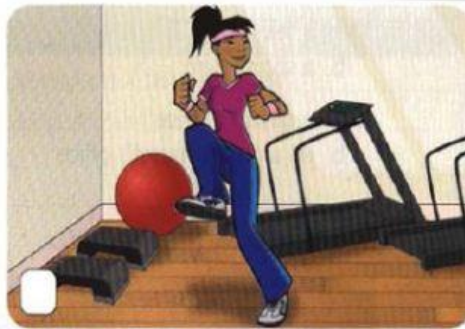


## LISTENING QUIZ

I. Listen to Mia who is feeling stressed out. What activities does her friend suggest? Number the activities from 1 to 5. (There is one extra activity).



II. Watch a video talking about Managing stress. Choose the correct answer.

1. What is the effect of a little piece of paper?
  - a. A remarkable effect
  - b. An acceptable effect
  - c. A catastrophic effect
2. What is the first tip?
  - a. Walk a moment
  - b. Take a few deep breaths
  - c. Take a moment
3. What is stress?
  - a. A survival mechanism
  - b. An old defense
  - c. A feeling
4. What is the effect of stress on your heart?
  - a. It pumps furiously
  - b. It jumps out of your chest
  - c. It bumps

5. In the 21st century, what do we stress about?
  - a. About work
  - b. About different things
  - c. About life
6. How to counter the effects of stress?
  - a. By breathing
  - b. By walking
  - c. By thinking
7. What is the first top tip ?
  - a. Get plenty of exercise
  - b. Have a plant
  - c. Don't think about it
8. And the second?
  - a. Take a telescope
  - b. Scope out the situation
  - c. Analyze the situation under a microscope
9. The third?
  - a. Think alone
  - b. Walk with someone
  - c. Talk to someone
10. You can't laugh and ... with fear.
  - a. Quake
  - b. Deal
  - c. Stay

**III.** Listen to the guests on this radio chat show speaking about the difference between work-related stress and burnout. Are the sentences true or false?

- |                                                          |                            |
|----------------------------------------------------------|----------------------------|
| 1. Pam has written a book about health problems at work. | <b>True</b> / <b>False</b> |
| 2. Steve is suffering from work burnout.                 | <b>True</b> / <b>False</b> |
| 3. Steve wrote some parts of Pam's book.                 | <b>True</b> / <b>False</b> |
| 4. Burnout and stress are not the same.                  | <b>True</b> / <b>False</b> |
| 5. People do not always know when they have burnout.     | <b>True</b> / <b>False</b> |
| 6. Steve's personality changed when he was ill.          | <b>True</b> / <b>False</b> |
| 7. Steve made an appointment with the doctor.            | <b>True</b> / <b>False</b> |
| 8. Steve's health improved without medication.           | <b>True</b> / <b>False</b> |