

Three teenagers talk about stress in their lives. Watch the video and complete the notes in the table.

	What makes me stressed	How I deal with stress
Kieran (Speaker 1)	Doing on time and the life at school.	Taking , playing the and the .
Amelia (Speaker 2)	Working in at weekends. No time for or friends.	in the park or to school or .
George (Speaker 3)	Parents want me to go and look after and .	Doing , going for a or swimming. Playing a with a friend.

complete the sentences with the words in the box.

pet • sleep • food • plan (n)
breakfast • exams • time

- 1 It can be difficult to when you are stressed.
- 2 Eating can help with stress because it gives you energy for the day.

- 3 It's important to find to do your favourite activities. A can help you to do this.
- 4 Stress can change your attitude to in general.
- 5 If you have a that is not well, it can make you stressed.
- 6 Studying for can cause stress at school.