Read the article. How many suggestions does it make for managing stress?

a three **b** five **c** seven

Read the article again. Choose the correct words to complete the sentences.

1 The writer says everyday stressful situations are **small** / **big**.
2 She suggests we can **always** / **sometimes** leave a stressful situation.
3 She suggests **turning off phones** / **leaving phones in another room**.
4 We should exercise **regularly** / **when we're stressed**.
5 She says that it's **bad** / **good** to forget the time when doing a hobby.
6 She suggests **talking** / **not talking** about our stress.
7 She says we **always** / **don't always** need to talk to friends and family.
8 She believes **different** / **the same** ideas help different people.

Complete each sentence with one word from the article.

1 The writer says it's stressful when you can't talk to a _____ person at the bank.
2 The writer says that university students can't just leave a _____.
3 The writer suggests that for exercise, we should _____ every day.
4 The writer believes that a hobby can help to _____ off stress.
5 The writer suggests we meet new people by finding a _____ to join.

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What to do when you're stressed

Most days, we find ourselves in a stressful situation. Maybe we're late for work and every traffic light on the road turns red. Or we have a question about our bank account, but we can't seem to speak to a real person when we call. These are not huge problems, but when lots of things like this happen together, they can feel huge and we become really stressed. So, what should we do?

When we're in a really stressful situation, we can walk away and go to a different place. It's not always possible, of course. We can't always walk out of a business meeting or a university lecture. But these days, we use our phones or computers a lot to communicate with people for work or with friends and family. When the stress is coming from our phones and computers – maybe someone keeps emailing us or calling us or we can't get an app to work – we can switch them off. That's similar to leaving a room.

Regular exercise is good for stress. This doesn't mean we have to get up and run fast and far. A walk is enough to help us clear our heads. It's also really good for our general health, too, so we should all make time for a daily walk in our lives. We should also try to do something we enjoy every day. Baking? Video games? Drawing? It doesn't matter what it is. When we focus on something we like, we forget about the time. That's often good for us. It can help to switch off some of our stress.

Perhaps the most important thing is to talk to other people about how we feel. When we hold our stress inside, it can make us feel worse. Talk to friends, family, a doctor or join a club and meet new people and talk to them.

Stress is a part of life, but there are different ways to manage it. We just need to find what works for us.

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