

A  Listen to the conversation between two friends, Grace and Henry. Then read the questions and choose the correct answer.

- 1 What is probably keeping Henry awake at night?
 - A He has to study for his exams.
 - B He thinks he may have failed his exams.
 - C He got pretty bad grades in his exams.
- 2 What does Grace advise Henry to do?
 - A He should try to find a way of relaxing before going to bed.
 - B He should avoid listening to loud music in the evening.
 - C He should drink some chamomile tea every night.
- 3 How sure is Henry about trying the app suggested by Matt?
 - A He isn't sure, because he doesn't like meditation.
 - B He isn't sure, because he's never tried meditation.
 - C He's sure he won't use it, because he doesn't think it will help him.
- 4 What does Grace think about Matt's suggestion?
 - A She doesn't think it's a good one for Henry.
 - B She thinks it's a good one, because she loves meditation.
 - C She likes the idea, because she has tried it.
- 5 Why does Grace have one of the apps mentioned?
 - A Because she usually needs to calm down before going to sleep.
 - B Because she sometimes has problems relaxing.
 - C Because she has some trouble breathing while sleeping.

_____ /10 (2 points each)

B Choose the correct answer.

EXAMPLE Pam was conscious / regained control of the fact that her brother was frightened, so she held his hand.

- 1 He understands that his fear of the dark isn't *rational* / *scared to death*.
- 2 I know it might sound silly, but I am always *rational* / *scared to death* when I travel on a boat.
- 3 My doctors told me about some *anxiety levels* / *breathing techniques* that might help when I get nervous.
- 4 There's no reason to be upset or frightened. Just try to *panic* / *calm down*.
- 5 I really want to *be conscious of* / *overcome* my fear of heights.
- 6 My aunt is a very calm person – she never *panics* / *regains control* about anything.
- 7 If you try this *therapy* / *anxiety level*, it might help you understand yourself better.
- 8 Pilots should always be *in control* / *scared to death* of their emotions while flying a plane.

_____ /8 (1 point each)

C Cross out the option that doesn't work in each sentence.

EXAMPLE My brother is against / has no intention of / is unwilling to using social media. He thinks it's bad.

- 1 I am anxious / passionate / dying to visit my parents. I haven't seen them for weeks.
- 2 We have no desire / are reluctant / are prepared to go if it rains. We don't want to get wet.
- 3 I'm hesitating / dying / eager to see you. I'll be waiting for you at the airport.
- 4 I'm unwilling / eager / hesitating to invest money in this project. I don't think it's a good idea.
- 5 The children were reluctant / eager / anxious to open the presents. They were so excited!
- 6 He was anxious / was reluctant / hesitated to trust anybody. So I had to persuade him.
- 7 I am more than happy / unwilling / prepared to give you a ride. It's no problem at all.

_____ /7 (1 point each)

D Complete the sentences with the words in parentheses () in the correct places.

EXAMPLE they want to be nurses they talk to my mom (if, should)

If they want to be nurses, they should talk to my mom.

- 1 the tickets cost too much I go (if, might not)
- 2 my sisters like crazy they see a clown (whenever, scream)
- 3 you hate planes we take a train or bus (if, can)
- 4 I send you an email I get to the office (when, will)
- 5 you sign your name here you want to go on the trip (must, if)
- 6 the neighbors complain they hear the music (if, will)
- 7 we study together we have exams (whenever, should)
- 8 some people cry a lot they see this movie (when, may)

_____ /8 (1 point each)

E Choose the correct answer.

EXAMPLE *Even if* Providing your teachers let you take your phone to school, I don't want you to.

- 1 *Provided / On condition* that you study, you'll pass the exam.
- 2 I can't make a cake *only if / unless* I have some flour.
- 3 I'll allow you to go to the party *on condition that / unless* you're back home before midnight.
- 4 You might pass your exams *unless / only if* you work hard this semester.
- 5 I don't mind spending the summer here *as long as / unless* we can go to the beach every day.
- 6 I agree to the plan *providing / even if* you pay for everything.
- 7 We'll sell our house *only if / unless* we find another one to buy.

_____ /7 (1 point each)

F Read the article. Then read the statements and decide if the information is True, False, or Not Given.**Relax!**

Anxiety and worry can cause problems such as insomnia, tiredness, and an inability to concentrate. If you are constantly anxious and unable to relax, you should seek professional advice. If, however, your anxiety level only rises on certain occasions, such as before an important meeting or exam, relax. Here are some simple self-help techniques which can ease your worries.

1 Schedule "worry time"

Worrying about things that may never happen or that we can't control can be a huge waste of time. Don't let concerns get into your thoughts and rob you of time you could be thinking about issues you can actually do something about. Scheduling a time to worry every day can be a way of limiting how much you worry about things. Choose a set time and stick to it. 20-30 minutes a day should be enough.

2 Practice breathing

Learning how to breathe well and to control our breathing can be much more complex than we imagine. However, practice can help us gain control of our breathing – and this will reduce stress and relax your body and mind.

3 Keep a diary of thoughts

If you write down how you feel when you are worried or stressed, you might be able to identify potentially irrational, unreasonable behavior or thinking. Writing down your thoughts and emotions can help you find out why you feel this way, enabling you to recognize patterns of behavior, thoughts, and things that cause your stress.

4 Cut down on screen time in the evening

Screen time can fill our brains with too much information, which doesn't help us achieve a state of relaxation. If you turn off all screens a few hours before going to bed, this allows your brain to gently relax and find peace.

- 1 The techniques suggested should only be used by people who worry too much. T / F / NG
- 2 One way of worrying less is actually controlling the time you spend worrying. T / F / NG
- 3 Breathing correctly may not be as simple as it seems. T / F / NG
- 4 Writing down our feelings can help us think in a more objective way. T / F / NG
- 5 We should all leave our mobile devices outside the bedroom. T / F / NG

_____ /10 (2 points each)