

PART 5

You should spend about 20 minutes in this part.

Read the text below. Eight sentences have been removed from the text.

For 33 to 36, choose from sentences (A – D) to fit each gap.

For 37 to 40, choose from sentences (E – H) to fit each gap.

Ways to Deal with Stress

Good morning, teachers and students. Let me begin by expressing many thanks to Mr Finn, the school counsellor for inviting me to be here today. Seeing you reminds me of how it was when I was around your age.

When I was a student, I used to feel very stressed. I did not share my problems with anyone. I was afraid they would laugh at me because I was only a teenager. However, I was not just a teenager. (33) _____. Therefore, as a former teen and the Director of BE Wellness Centre, I am here to share with you two simple ways to relieve stress.

First, remember B and B. The first B is back for step back. (34) _____. Sometimes doing the same thing over and over again can be stressful. For example, it might be good to take a break after spending many hours trying to solve a Maths problem unsuccessfully. So, practise B and B, take a step back and breathe deeply.

(35) _____. To avoid feeling stressed, remember E and E. The first E is exercise, while the second E stands for endorphins. When we exercise, our bodies produce endorphins, which are also called happy hormones. (36) _____.

More importantly, learn to speak about your problems with your loved ones. These are the people who love you and will try to understand. I hope you will find my BB and EE methods useful. Thank you for your attention.

A The second B is breathe, which means to breathe deeply.

B Stress can cause serious harm to our bodies.

C So, we should exercise regularly to keep happy hormones in our bodies.

D I was a teenager who faced genuine problems like physical changes, schoolwork, stress and peer pressure.