

Vocabulary

Stressful events

1 ★ Match the words to form phrases.

- | | |
|-------------------------------------|------------|
| 1 ☐ day | a attitude |
| 2 ☐ move | b injury |
| 3 ☐ positive | c guide |
| 4 ☐ free | d care |
| 5 ☐ serious | e time |
| 6 ☐ tour | f house |

2 ★ Choose the correct word.

- The charity made over £5,000 at the **free/fundraising** event.
- George will **take/give** an important French exam next month.
- What do you **think/believe** of me becoming a policeman?
- Peter couldn't **afford/volunteer** to go on holiday after he lost his job.
- The **reason/cause** of the company's failure was bad management.
- I felt so **miserable/proud** of myself for getting the job.

3 ★★ Complete the sentences with the correct form of the verbs in the list.

• apply • be • become • start • let • steal

- Jake unemployed and had to move abroad to find work.
- Amira for fifteen jobs before she got an interview.
- My company two people go last week.
- Someone Harry's personal information and got into his bank account.
- Sammy her new job last Monday and she likes it a lot.
- Helen couldn't pay her bills because she out of work.

4 ★★ Fill in the gaps with the correct item. There are two extra items.

• about • from • at • of • in • after • off • for
• over • up • out

- Alfie's aunt takes care her ill husband.
- I take my grandmother as we're both loud and funny.
- Sally's very anxious moving house next week.
- Taking a sport is a good way to get rid of stress.
- Oliver is interested becoming a doctor.
- He started sweating as soon as the plane took
- Wendy's so afraid of meeting people that she often just stays home.
- When he leaves university, he'll probably take his parents' business.
- Thanks for the email. It was so good to hear back you.

5 ★★★ Complete the text. Use: *promotion, illness, divorce, miserable, volunteer, retiring, unemployed, financial, proud, causes, reasons, useful, pile up*. Three words are extra.

Coping with Stress

There are many 1) why people feel stressed. For example, they might feel 2) because they have 3) problems. 4) from a job after 45 years of work can also cause anxiety, as well as going through a separation or 5) or working hard to get a 6) at work. Luckily, there are ways of dealing with all these stressful events. If you're worried about money, then it's a good idea not to let the bills 7) See your bank manager and explain the problem. And when old age stops you from working, it's important to feel 8) Why don't you 9) for a local charity or work part-time in a local shop? Every problem has a solution. In general, it's important to deal with the 10) of stress, because stress is simply the reaction of the body to difficult events.