

VOCABULARY QUIZ ,STRESS MANAGEMENT'

I. Insert the verbs and phrases given in the right form.

exacerbate be on sb. case prioritise tasks blow off steam cope
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1. When work gets frustrating, I like to go bowling to _____.
2. I have to get off the phone now. My mom _____ to finish my homework.
3. Her response only _____ the situation and made it unsolvable.
4. Although the situation was really stressful, she _____ well with the problem.
5. If you want to do everything on time, make lists of what to do and _____.

II. Match the words with their definitions.

peer pressure	a date on which you need to submit work
deadline	stress experienced in positive situations e.g. marriage, having a baby
comfort food	stress experienced in negative situations e.g. death of a family member
eustress	the feeling of needing to do the same thing as all your friends
distress	something that you eat when you are feeling stressed or depressed, usually unhealthy food like chocolate