



Extra training

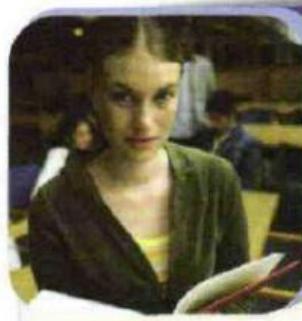
Use of English Task 345

Read the text and fill in the gaps with words/phrases from the list.

- nutritious
- out of hand
- overwhelmed
- essential
- lighten the load
- relieve
- grin and bear it
- keep things in perspective
- positive

What with heavy workloads and pressure to get good grades, many teens today feel 1_____. Some try to 2_____ but stress affects their health all the same. Learning how to manage stress and maintain a 3_____ attitude is crucial. But what are the ways teens can beat those feelings of stress? Well, to begin with, teens can learn time-management skills. Time-management is 4_____ if last-minute exam cramming and assignment panic is to be avoided. Secondly, busy teens should think of ways to 5_____.

For example, those with part-time jobs or a lot of extracurricular activities should seriously consider dropping some of them around exam time. Thirdly, teens should pay attention to their health. 6_____ meals and adequate sleep are stress-busters! Exercise too should not be forgotten. Working-out is a great way to deal with tense muscles and 7_____ stress. Finally, teens should realise that there is never a need for things to get 8_____. Parents, teachers, guidance counsellors and friends are all there to help and provide support. Often, simply a talk with a loved one is all it takes to relieve stress and 9_____.



Coping with School **STRESS**

