

2 **READING** Read the website text. Match the questions with the paragraphs.

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| 1 What are common causes of teenage stress? | 3 How can you deal with stress? |
| 2 What is stress? | 4 How do you know when you are stressed? |

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TEENAGE STRESS – FREQUENTLY ASKED QUESTIONS

☐ **A** Stress is something that everybody feels at times – adults, teenagers and kids. There is good stress, stress that helps you to react in a difficult situation. More often stress is a negative feeling, a feeling that stops you being happy or relaxed. But it's always important to remember that stress is just a normal part of life.

☐ **B** People react to stress in different ways. Some people are sad and others feel angry. Some people have difficulties with sleeping. Others change their attitude to food because of stress. Stress can also make it difficult for some people to concentrate.

☐ **C** There are many different things that can stress teenagers. Sometimes it can be just the ordinary things that happen every day. For example, homework or exams can cause stress. Or maybe you have a pet and your pet is sick. Problems with friends or parents or other family members are another possible cause. Perhaps they want you to do something but you don't want to do it, for example.

☐ **D** The good news is that stress is completely normal and it's not permanent. And there are lots of things you can do to deal with stress.

- ✓ Sport and exercise combat stress and also help you to sleep.
- ✓ Talk to people about how you feel.
- ✓ Listen to music.
- ✓ Eat healthy, natural food, especially at breakfast-time because that's when you need the energy!
- ✓ When the problem is homework or exams, it's a good idea to make a plan or timetable. This helps you to find time to do everything, including time to do things that you love – surfing the Internet, chatting to friends, reading ...
- ✓ And be positive!