

1. anxious	2. herbal teas	3. downtime
4. visualization	5. oil burner	6. calm
7. triathlon		

Which word from the scroll completes each of the following sentences.

There's an extra word.

Kate: Well, for a start, for most of the day I've been at college and in the library, reading and learning. Lying down in here gives me a bit of _____¹, to let me clear my head. I'm trying _____² as well.

Anna: Visualisation – what's that?

Kate: Well, although it may look like I'm staring at the wall, I'm actually imagining a beautiful beach. If I keep thinking about it, I can imagine I'm there. It's a really good way to relax.

Anna: I don't think I could just think about one thing for so long. I'd start thinking about other things – like when I'm going to the gym next. Anyway, why are you so stressed about college? You're doing really well.

Kate: Oh, I've got exams soon, so I know I'll have to do lots of work. I really need to get good grades, so there's a lot of pressure. I'm feeling really _____³ all the time.

Anna: That's a shame. Do you want to try one of my _____⁴? If you like things like aromatherapy, you might like this. It's got lots of different flowers and herbs – chamomile and lavender, that make you feel _____⁵.

Kate: Wow, thanks Anna. That does sound good. I'll try that.

Anna: And maybe you could do the _____⁶ with me next week. There'll be running, swimming and cycling – you'll love it!