

Problems Solved

Don't stress about it, deal with it!

Each week we ask you to get in touch with us about what's got you stressed. We get the experts, you, our teen followers, to help give other teens useful advice on how to deal with their problems. Here are some of the posts on our website this week and your top advice:

'I'm moving to a new school in September and I'm stressed about making new friends.' *Amelia*

'It's never easy moving schools. If you want to make friends quickly you may feel like you need to change your personality. This isn't a good idea. If you don't want to feel under pressure in the beginning, you must always be yourself. You don't need to change.' *Claire*

'Lately I've been really tired but I can't sleep at night. It's made me more irritable with my family and friends. I don't know what's wrong.' *Simon*

'It sounds like you're stressed. But there are many ways to manage it. Doing exercise and getting active can lead to a reduction in stress levels. If you exercise regularly, you will sleep better and feel more relaxed. Eating healthily is important too. If you want to deal with your stress, you must eat a balanced diet.' *Eddie*

'My mum's just lost her job. Now my parents can't give me any extra money. I have to turn down my friends' invitations to go out. I'm feeling really left out.' *Natasha*

'Have you thought about getting a job? If you find some part-time or weekend job, perhaps tutoring, walking a neighbour's dog or babysitting, you'll have the money to do the things you enjoyed before. It will also give you a sense of responsibility and pride that you don't have to rely on your parents anymore.' *Jason*

Got a problem? Write in and let us know. We'd be happy to help!

1 READ THE WEBSITE AGAIN AND DECIDE IF THE SENTENCES ARE TRUE OR FALSE. CORRECT THE FALSE SENTENCES.

1 Claire advises Amelia to change to try and fit in.

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2 Simon knows the reasons for his stress.

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3 Simon has become bad-tempered with the people around him.

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4 Eddie advises Simon to get better sleep.

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5 Natasha is having relationship problems.

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2 COMPLETE THE SENTENCES MAKING NOUNS FROM THE WORDS IN BRACKETS. ADD -ION, -NESS.

1 One of the biggest difficulties of moving schools is dealing with the(lonely) of not knowing anyone.

2 She feels real (happy) when she arrives home after a long hard labour day.

- 3 The teacher dealt with the (correct) of quite a lot of essays at the end of the class.
- 4 Because of his (silly) he had a fight with his best friend.
- 5 Peter was informed about his (admit) to university by e-mail.

3 CHOOSE THE CORRECT FORM OF THE VERB.

1 A: How long does the journey take / is the journey taking?

B: About seven hours. It's a nightmare!

2 A: May you go / Are you going anywhere interesting this summer?

B: Yeah, I'm backpacking / I backpack around Europe with some friends in August.

3 A: I heard it's going to rain / it rains this afternoon.

B: Oh OK, I'll take / I'm going to take an umbrella with me.

4 A: Have you got any plans for the weekend?

B: I will / might train at the track on Saturday, but I'm not sure yet.

4 CHOOSE THE CORRECT OPTION(S).

- 1 **If / Unless / As soon as** you work hard, you'll be able to follow your dreams.
- 2 **Unless / When / Until** I get home, I'll do my homework and then watch TV for a while.
- 3 You won't be able to stay fit **when / if / unless** you exercise a few times a week.
- 4 **Until / As soon as / Unless** Dad goes on holiday, he'll be able to forget about work.
- 5 I won't be relaxed **until / when / if** you call me to let me know you've arrived.

5 REWRITE THE SENTENCES USING IF OR UNLESS.

- 1 I/ find/ Leslie's book - I/ send/ it/ to her.
- 2 You/ give/ the dog/ a bone - it/ not/ go away.
- 3 He/ not like/ the food - you/ put/ too much salt/ on it.
- 4 It/ snow - the children/ make/ a snowman.
- 5 We/ go/ to the cinema - I/ not be/ tired.

6 FINISH THE SENTENCES WITH CONSEQUENCES USING **MAY/ MIGHT/ COULD** or **IMPERATIVE**.

- 1 If I go travelling around the world,
- 2 If you have an important exam,
- 3 If it's warm tomorrow,
- 4 If you have a headache,
- 5 If you feel stressed,