

1 Read and complete this extract from the conversation.

anxious herbal teas downtime visualisation oil burner calm triathlon

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 — camomile 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!