Listening Comprehension

Listen to the man talking about stress. Choose the correct alternative.

1. The man says he knows why he's stressed.
a. True
b. False
c. No information

2. He needs to tell himself....
a. That the stressful situation will finish soon
b. That the stressful situation won't end soon
c. That the stressful situation will come back soon

3. He implies that people are more stressed now than 200 years ago.
a. True
b. False
c. No information

4. He feels stressed when...
a. he doesn't have a deadline
b. he has too much time
c. he doesn't have enough time

5. He reduces stress by...
a. Talking to friends
b. Going for a swim
c. Meeting with friends

6. The man will get his _____ ready for next time he feels stressed.
a. Walking shoes
b. Dancing shoes
c. Running shoes

LIVEWORKSHEETS