

# 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