



## Teen Stress and Time Management

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to have a chance in the job market afterwards. It's no wonder that many young people worry about disappointing their parents, their peers, and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, sports activities, hobbies, and friends. The result is that young people suffer from stress. Thankfully, there are a number of different ways of dealing with stress.

First, Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. However, caffeine is a drug which can become addictive. In the end, like other drugs, caffeine only leads to more stress.

There are better ways to deal with stress. Physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm you down. Also, you have to get enough sleep to avoid stress and to stay healthy and full of energy.

Another way to avoid stress is to manage your time effectively. It is better to do a few tasks really well, than lots of tasks badly. Know your limits and try not to take on too much. Finally, if it all gets beyond your control, don't panic or get hysterical! Find the time to sit down quietly and breathe deeply for some time – perhaps, two, five, or ten minutes. Do this regularly, and it will help you calm down and think more clearly.

**Vocabulary – Match the words on the left to the meanings on the right.**

1. competitive
2. stress
3. calm
4. task
5. clearly

- A. pressure or worry caused by problems in somebody's life or by having too much to do
- B. as good as or better than others
- C. in a way that is sensible and easy to understand
- D. a piece of work that somebody has to do
- E. not excited, nervous, or upset

**True / False / Unknown – Choose whether the sentences below are true, false, or unknown.**

6. You must do well in school to get a good job.	TRUE	FALSE	UNKNOWN
7. There is only one way of dealing with stress.	TRUE	FALSE	UNKNOWN
8. Caffeine reduces stress.	TRUE	FALSE	UNKNOWN
9. Exercise and enough sleep are good ways of dealing with stress.	TRUE	FALSE	UNKNOWN
10. Panicking or getting hysterical is linked to health problems.	TRUE	FALSE	UNKNOWN

**Gap Fill – Complete the sentences with words from the text.**

11. One thing you can do to reduce your stress is to \_\_\_\_\_ manage your time.
12. Many teenagers get stressed because they think they are \_\_\_\_\_ their friends and family.

**Open-Ended – Write 2-3 sentences answering the question(s).**

13. What two top tips for dealing with stress did you learn from the reading today?