


## Listening healthy living quiz

-  2 Look at the quiz. Then listen to a conversation between two people at work.  
Choose the correct option (a, b or c).

### Stress is bad for your health – both physical and mental

Find out how stressed you are with this quick quiz.

- 1 I worry about money .....  
a every day ☐    b at least once a week ☐    c once a month ☐
- 2 I ..... have problems sleeping at night.  
a never ☐    b sometimes ☐    c always ☐
- 3 I ..... find it difficult to concentrate.  
a rarely ☐    b sometimes ☐    c often ☐
- 4 Which of these sentences describes your lunchtimes?  
a I often eat lunch at my desk and answer calls or send emails. ☐  
b I often eat lunch at my desk and read the newspaper or relax. ☐  
c I often leave my desk, go for a walk or eat my lunch somewhere else. ☐