Listen again. Circle the things Dr. Jamieson suggests.

1. Make a schedule and keep to it.
2. Go out with your friends and have a good time.
3. Participate in a sport.
4. Listen to music or watch TV.
5. Talk to someone.
6. Breathe deeply and try to relax.



Vocabulary: Emotions

4. Match the words with the correct pictures. Then listen and check your answers.

1. ___ embarrassed
2. ___ awful
3. ___ proud
4. ___ terrified
5. ___ stressed out
6. ___ exhausted
7. ___ wonderful

LIVEWORKSHEETS