

**Listen to a friend talking about stress. Choose the correct answer A, B, C or D**

1. The topic of the talk is \_\_\_\_\_.  
A. beating stress in your life  
B. avoiding stress to have a good life
2. Life in Hong Kong is \_\_\_\_\_.  
A. peaceful and not stressful  
B. full of stress
3. The speaker says \_\_\_\_\_.  
A. you should be afraid of change  
B. Changes are a normal part of everyday life
4. Families in Hong Kong \_\_\_\_\_.  
A. have lots of people  
B. have few people
5. The speaker says \_\_\_\_\_.  
A. you should avoid other people to reduce stress  
B. talking to other people helps to reduce stress