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

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