

1. Listen to a man talking about the findings of a survey on teenagers' stress. Decide if the following statements are true (T) or false (F). Your browser does not support the audio element.

1. Unlike teenagers, adults don't get stressed
2. 30-to-70-year olds are experiencing higher stress level than they consider to be healthy.
3. The most common reason for teenagers' stress is school.
4. Thinking about what to do after high school is not a source of stress for teens.
5. Stress affects teens emotionally only

2. Listen again and list 5 stress symptoms mentioned in the talk

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