# Unit 1 Quiz: Embrace Stress!

## A CONVERSATION

Complete the conversation below using the words in the box.

| cope | responsibilities | handle | relief | anxiety | feel |
|---|---|---|---|---|---|

**A:** Your job seems very stressful. You have so many important [1]_____. How do you [2]_____ the stress?

**B:** I've learned to [3]_____ with it in a number of ways. Sometimes, I take short breaks at work to meditate. And I like to go fishing on the weekends. Being out on the water in the peace and quiet is a great stress [4]_____.

**A:** Do you experience less [5]_____ now than you used to?

**B:** Yes. I used to [6]_____ it all the time and had trouble sleeping. But now things are better.

## B GRAMMAR

Complete the sentences with your own words. Start with a gerund or infinitive.

Example: I like working at the clothing store.

**1** I enjoy _____.

**2** I want _____.

**3** I am considering _____.

**4** I prefer _____.

**5** I hope _____.

## C TED TALK

Complete the paragraph using the words in the box.

| chronic | experiences | relatively | transform |
|---|---|---|---|

Everyone [1]_____ some kind of stress. According to Kelly McGonigal, some of us respond to stress better than others. People who view stress as harmful and try to avoid stressful situations may start to experience [2]_____ stress, which can lead to cardiovascular disease. However, those who view stress as natural and normal may feel [3]_____ less stress and have a lower risk of dying from stress-related causes. McGonigal believes that our attitudes towards stress can [4]_____ the way it affects our bodies.

National Geographic Learning

© 2017 National Geographic Learning, a part of Cengage Learning. This page may be photocopied.



LIVEWORKSHEETS