Lesson 1A

Name _____

1 Read the text and fill in the gaps with words / phrases from the list.
• nutritious • out of hand • overwhelmed • essential • lighten the load • relieve • grin and bear it • keep things in perspective • positive

Coping with School STRESS

What with heavy workloads and pressure to get good grades, many teens today feel 1) _____. Some try to 2) _____ it but stress affects their health all the same. Learning how to manage stress and maintain a 3) _____ attitude is crucial. But what are the ways teens can beat those feelings of stress? Well, to begin with, teens can learn time-management skills. Time-management is 4) _____ if last-minute exam cramming and assignment panic is to be avoided. Secondly, busy teens should think of ways to 5) _____. For example, those with part-time jobs or a lot of extracurricular activities should seriously consider dropping some of them around exam time. Thirdly, teens should pay attention to their health.

6) _____ meals and adequate sleep are stress-busters! Exercise too should not be forgotten. Working-out is a great way to deal with tense muscles and 7) _____ stress. Finally, teens should realize that there is never a need for things to get 8) _____. Parents, teachers, guidance counselors and friends are all there to help and provide support. Often, simply a talk with a loved one is all it takes to relieve stress and 9) _____!

2 Choose the correct word.

1 When asked whether she wanted to go to the cinema or the park, Mary _____ her shoulders indifferently.

2 The little girl was so mad that she _____her feet angrily.

3 Nelly _____ with fear as the wild dog growled at her.

4 He _____ in embarrassment while walking out on stage to

give his speech.

5 Kim _____ his fingers nervously on the desk while the teacher returned the test papers.

6 Michael _____his fists angrily as the manager told him he was no longer needed.

7 When Alan's mother told him the bad news he _____ his head in disbelief.

8 Monica _____ her arms while waiting impatiently in the queue with her son.

3 Complete the exchanges with the phrases from the list.

• pulling my hair out • in a nutshell • is under a lot of stress • lost her temper

• Take it easy • keep you on your toes • getting me down • off my chest

1 A: I need to get something _____.

B: Go ahead. I'm listening.

2 A: Why is Ben so short-tempered lately?

B: Because he _____ at the moment.

3 A: My breakup with Cindy is really _____.

B: I'm sorry to hear that. Do you want to talk about it?

4 A: I'm so stressed about the Moths exam tomorrow. I feel like _____!

B: Don't worry. You'll be fine.

5 A: Sir, why do you keep giving us surprise Science tests?

B: Because I want to _____!

6 A: I'm up to my ears in homework.

B: _____. Remember, you have all weekend.

7 A: Can you summaries the story for me?

B: No problem. Here's what happened _____.

8 A: Why are you so upset, Helen?

B: Because Katie _____ with me this morning.