

## Read and complete this extract from the conversation.



**Kate:** Well, for a start, for most of the day I've been at college and in the library, reading and learning. Lying down in here gives me a bit of \_\_\_\_\_<sup>1</sup>, to let me clear my head. I'm trying \_\_\_\_\_<sup>2</sup> as well.

**Anna:** Visualisation - what's that?

**Kate:** Well, although it may look like I'm staring at the wall, I'm actually imagining a beautiful beach. If I keep thinking about it, I can imagine I'm there. It's a really good way to relax.

**Anna:** I don't think I could just think about one thing for so long. I'd start thinking about other things — like when I'm going to the gym next. Anyway, why are you so stressed about college? You're doing really well.

**Kate:** Oh, I've got exams soon, so I know I'll have to do lots of work. I really need to get good grades, so there's a lot of pressure. I'm feeling really \_\_\_\_\_<sup>3</sup> all the time.

**Anna:** That's a shame. Do you want to try one of my \_\_\_\_\_<sup>4</sup>? If you like things like aromatherapy, you might like this. It's got lots of different flowers and herbs — camomile and lavender, that make you feel \_\_\_\_\_<sup>5</sup>.

**Kate:** Wow, thanks Anna. That does sound good. I'll try that.

**Anna:** And maybe you could do the \_\_\_\_\_<sup>6</sup> with me next week. There'll be running, swimming and cycling — you'll love it!

anxious

herbal teas

downtime  
visualization

oil burner

Calm

triathlon

