

[UNIT 8. LIFE IN THE FUTURE]

VOCABULARY

Full Name:

Class:

** Use the correct form of the word in brackets to fit each gap.*

In today's world, people seem to be very (1) _____ (anxiety) and suffer from stress. This stress is often (2) _____ (harm) and some people need to seek medical (3) _____ (treat) in order to recover. However, a more (4) _____ (effect) solution is for people to learn to relax. This can be achieved through a (5) _____ (vary) of leisure activities such as sport, reading, music or even gardening. (6) _____ (emphasise) is placed on people spending time doing things that they enjoy, the ultimate aim being (7) _____ (relax).

Unfortunately, some people find this (8) _____ (possible) and therefore need to take drugs prescribed by their doctor. These drugs are called (9) _____ (tranquil). They calm people down, but can be dangerous if taken for long periods of time. Alternative methods are much (10) _____ (safe) and have no side effects.