

HOW TO COPE WITH STRESS

What is stress?

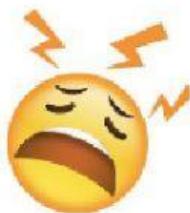
Stress is a normal response to difficult or new situations. We usually feel stressed when we experience changes in our lives. For example, you might experience stress when you start at a new school.

How does it feel?

People experience different symptoms when they are stressed. Physical symptoms include a dry mouth and headaches. You may also have difficulty with concentration or sleeping. There are also emotional symptoms, such as feeling sad, worried or anxious.

Is it always bad?

Stress is bad when we are unable to cope with it. But if we have a positive attitude, stress can give us extra energy and make us perform better.



How can I deal with it?

People have different strategies for coping with stress:

- Actor Chris Evans has said that he copes with stress by talking about it with someone.
- Singer Adele has often felt stressed before going on stage. She manages with it by imagining she is another person, someone who is stronger and copes well with stressful situations.
- Many people say that simply relaxing and being calm can help.

But perhaps the simplest tip for coping with stress is to be in control – don't let the situation control you. Nobody can avoid stress, but we can all learn to cope with it.

1. Read the text and write as much as possible about the following:

- a) the benefits of stress
- b) the results of stress
- c) how people cope with stress
- d) the causes of stress

a)

c)

b)

d)