



Read the text and choose the correct item.



Anger is a(n) 1) human emotion that all of us experience every now and again. It is a mixture of physical and emotional feelings in which a big 2) of energy goes through the body as adrenaline is 3) Anger isn't a bad thing in itself and has actually helped the human race adapt and evolve. However, if it isn't managed properly, problems can 4) The expression of anger can lead to verbal abuse or physical aggression and can have a very negative 5) both on our physical and mental health as well as on our relationships with others. Uncontrolled anger can 6) high blood pressure, insomnia, depression and even a heart attack and can be responsible for us losing friends. 7) anger doesn't help, as it merely becomes a ticking time bomb just 8) to explode. It is vital that we learn to manage our anger without trying to ignore it. Exercise is a great 9) for anger. If you think you are getting angry, it is a good time to go for a brisk walk, run or cycle, or even to kick a ball against a wall. Physical activity releases endorphins; feel-good hormones that help you relax. 10) , deep breathing or meditation can help too. Closing your eyes and imagining a 11) scene and repeating a phrase such as 'take it easy' can help you to unwind. When you feel at ease you can come back to the problem and try to solve it in a relaxed manner. Don't let your anger get the better of you, but 12) try to channel the energy into something positive.

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|-----|----------------|----------------|-------------|--------------|
| 1. | 1. general | 2. extensive | 3. average | 4. normal |
| 2. | 1. blow | 2. rise | 3. boost | 4. surge |
| 3. | 1. removed | 2. unloosed | 3. relieved | 4. released |
| 4. | 1. arrive | 2. appear | 3. emerge | 4. happen |
| 5. | 1. affect | 2. cause | 3. effect | 4. issue |
| 6. | 1. cause | 2. result | 3. give | 4. make |
| 7. | 1. Restricting | 2. Suppressing | 3. Blocking | 4. Squashing |
| 8. | 1. Waiting | 2. looking | 3. wanting | 4. expecting |
| 9. | 1. exist | 2. escape | 3. path | 4. outlet |
| 10. | 1. Both | 2. Likewise | 3. Same | 4. Too |
| 11. | 1. softening | 2. easing | 3. cooling | 4. calming |
| 12. | 1. opposite | 2. instead | 3. contrary | 4. Alternate |

Click FINISH below

