

Reading

- 1 ★★ Read a problem page letter. What is the best way of preventing stress?

Ask Maria

Dear Maria

I'm 17 years old and my life is causing me a lot of stress. I have to do homework, exam revision, extra science classes and football practice – and then I have to help my parents around the house! Being a teenager can't always be this tough, can it? Adults say that you must enjoy your schooldays because they're the happiest days of your life, but these can't be the happiest days of my life! This isn't happiness – I'm really suffering! What should I do to cut down on the stress?

Mark G (Wallingford)

Dear Mark

Being a teenager is stressful! Although adults romanticise their childhood, they must have given up things they wanted to do too. Here are four great stress cures. Follow them, and you'll be able to sort out your stress issues and live a busy but happy life.



?A

You must exercise at least three times a week. You can do sports or work out – or even walk the dog. Exercise relaxes your body and your brain, and relaxation helps to prevent stress.

?B

Take your mind off the stress by discovering new interests, like judo, sudoku or even fishing!

?C

Remember: 'you are what you eat'. Burgers, chips and sugary food may be enjoyable, but this diet makes your body scream: 'No! Stop!' You should listen to your body, go without junk food, and feel the stress melt away.

?D

Networking sites, emails, Twitter and texts might be useful, but you mustn't give up face-to-face communication with people. Laughing with your mates will make a big difference and is probably the most effective form of stress prevention.

- 2 ★★ Match the headings (1–4) to the suggestions (A–D) in the text.

- 1 — Take up something new
- 2 — Don't put off seeing friends
- 3 — Be active
- 4 — Sort out your eating habits

- 3 ★★ Match the words from the text (1–8) to the definitions (a–h).

- | | |
|------------|-----------------|
| 1 — stress | 5 — diet |
| 2 — tough | 6 — junk food |
| 3 — melt | 7 — romanticise |
| 4 — brain | 8 — mates |

- a make something seem more exciting or interesting than it really is/was
- b things you eat which are bad for you
- c pressure and worry
- d difficult
- e friends
- f organ inside the head
- g become liquid
- h all the food that you regularly eat

- 4 ★★★ Answer the questions. Write complete sentences.

- 1 Why is Mark's life stressful?
- 2 How do parents remember their early years?
- 3 Why is exercise important?
- 4 Why might a new interest reduce stress?
- 5 What shouldn't you eat?
- 6 What's the problem with only texting and emailing friends?

Build your vocabulary noun suffixes

- 5 ★★ Write the noun form of these words. Use the text to help you.

- 1 communicate _____
- 2 different _____
- 3 revise _____
- 4 happy _____
- 5 relax _____