1. **Match the words to the definitions**

1. get into arguments

2. discuss your worries

3. worry about your appearance

4. bully other people

5. get stressed about exams

6. exercise regularly

7. ask for help

8. take time for yourself

9. eat a healthy diet

10. try new sports

a. Intentionally harm, intimidate, or harass others through physical or emotional means.

b. Enter into verbal disputes or disagreements with others, often resulting in negative feelings and tension.

c. Talk about things that are causing you anxiety or concern with someone else to help alleviate stress.

d. Request assistance or support from others when facing challenges or difficulties.

e. Experiment with different athletic activities to discover new interests and develop skills.

f. Experience feelings of pressure and anxiety related to academic tests or evaluations.

g. Set aside moments of solitude to relax, recharge, and focus on personal interests or hobbies.

h. Feel anxious or self-conscious about one's physical features or presentation.

i. Engage in physical activity on a consistent basis to maintain good health and fitness.

j. Consume foods that provide necessary nutrients and promote overall well-being.

2. **Fill in the blanks with the correct expression**

1. I try to _____ to stay healthy.

2. It's important to _____ with someone you trust.

3. It's not good to _____ all the time.

4. Sometimes it's necessary to _____ and relax.

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5. I tend to _____ exams, but I try to stay calm.

6. Don't be afraid to _____ if you need it.

7. You shouldn't _____ too much, just be comfortable with yourself.

8. I like to _____ to see which ones I enjoy the most.

9. It's never okay to _____, always be kind.

10. It's important to _____ to fuel your body properly.

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