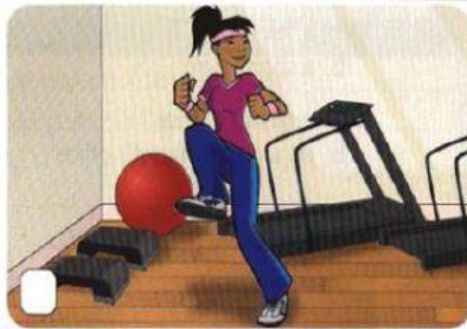


LISTENING QUIZ

I. Listen to Mia who is feeling stressed out. What activities does her friend suggest? Number the activities from 1 to 5. (There is one extra activity).



II. Watch a video talking about Managing stress. Choose the correct answer.

1. What is the effect of a little piece of paper?
 - a. A remarkable effect
 - b. An acceptable effect
 - c. A catastrophic effect
2. What is the first tip?
 - a. Walk a moment
 - b. Take a few deep breaths
 - c. Take a moment
3. What is stress?
 - a. A survival mechanism
 - b. An old defense
 - c. A feeling
4. What is the effect of stress on your heart?
 - a. It pumps furiously
 - b. It jumps out of your chest
 - c. It bumps

5. In the 21st century, what do we stress about?
 - a. About work
 - b. About different things
 - c. About life
6. How to counter the effects of stress?
 - a. By breathing
 - b. By walking
 - c. By thinking
7. What is the first top tip ?
 - a. Get plenty of exercise
 - b. Have a plant
 - c. Don't think about it
8. And the second?
 - a. Take a telescope
 - b. Scope out the situation
 - c. Analyze the situation under a microscope
9. The third?
 - a. Think alone
 - b. Walk with someone
 - c. Talk to someone
10. You can't laugh and ... with fear.
 - a. Quake
 - b. Deal
 - c. Stay

III. Listen to the guests on this radio chat show speaking about the difference between work-related stress and burnout. Are the sentences true or false?

- | | |
|--|----------------------------|
| 1. Pam has written a book about health problems at work. | True / False |
| 2. Steve is suffering from work burnout. | True / False |
| 3. Steve wrote some parts of Pam's book. | True / False |
| 4. Burnout and stress are not the same. | True / False |
| 5. People do not always know when they have burnout. | True / False |
| 6. Steve's personality changed when he was ill. | True / False |
| 7. Steve made an appointment with the doctor. | True / False |
| 8. Steve's health improved without medication. | True / False |