MODERN LIFE IS STRESSFUL

1 Read the text. Complete the tips with *do*, *make*, *have*, or *take*.

The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!

1 First, _____ **a deep breath** and give yourself time to think.
2 Then _____ **a list** of everything you have to do.
3 Next, _____ **a decision** about what you can realistically do today.
4 Remember to _____ **a break** every two or three hours.
5 You should _____ **something** that makes you feel happy.
6 Try to _____ **a talk** with friends and family about the situation.
7 And finally, _____ **your best** to eat well, exercise, and get at least eight hours' sleep.

2

1 Do you think your life is stressful? Why/Why not?
2 What things make you feel stressed?
3 Do you think the tips are useful? Why/Why not?
4 Can you think of any other ways to deal with stress?

1. _____

_____

2. _____

_____

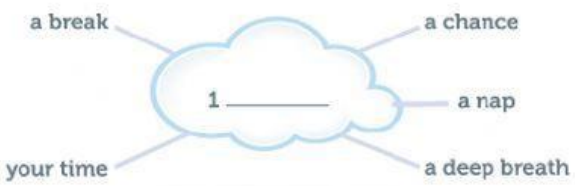
3. _____

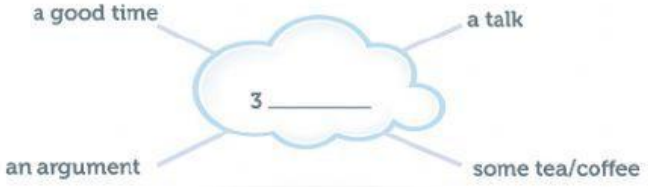
_____

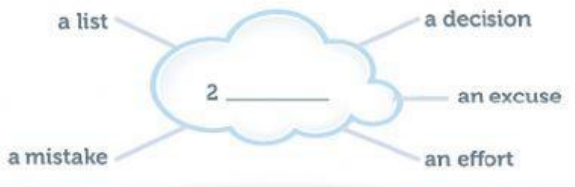
4. _____

_____

3 5.5 Complete the diagrams with *do*, *make*, *have*, or *take*. Listen and check.







4 Complete the sentences with the correct form of the verbs *do, make, have,* or *take*.

1 I _____ a bad argument with my parents last night.
2 Alvin always finishes his work late and _____ an excuse.
3 If you want to make good sushi, you have to _____ your time.
4 Don't _____ any mistakes or you'll have to start over.
5 To relax, she _____ Pilates every day after work.
6 We _____ a great time when we went to California.
7 Lisa _____ her best, but she failed the exam.
8 I don't have a reservation, but I'm going to _____ a chance and go.

Skill listening in detail

It is often important to understand what someone says in detail.

- Read the questions carefully and think about the possible answers.
- Listen carefully to everything the speaker says before you answer the question.
- Pay attention to how the things the speaker says relate to each other.
- Be careful in case the speaker changes his/her mind or corrects himself/herself.

5 A 5.6 Read the Skill box. Watch or listen to the first part of *Learning Curve*. Choose the correct options to answer the questions.

1 How does Simon deal with stress?
a He makes a list of jobs. b He walks around. c He talks to his brother.
2 How many people in the U.S. suffer from stress every day?
a 77% of citizens b 400,000 people c only a small number of people
3 What do some scientists say about a small amount of stress?
a It can make us sick. b It makes us feel bored. c It can help us work better.

6 1 Do you think life today is more stressful than 50 years ago? Why/Why not?
2 Do you think a little stress can be good for us? Why/Why not?

1. _____

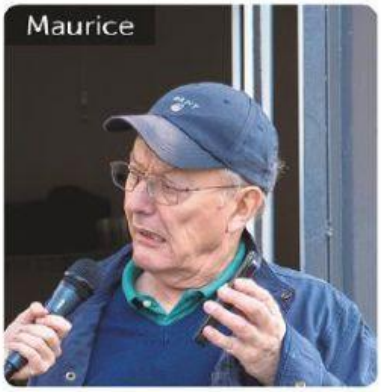
_____

2. _____

_____

7 A 5.7 Watch or listen to the second part of the show. Match the names of the speakers with the tips for dealing with stress.

1 running _____ 2 speaking to family _____ 3 doing yoga _____



8 5.7 Watch or listen again. Are the sentences true (T) or false (F)?

1 Taylor helps people who suffer from stress. ____
2 She thinks complaining about stress can help. ____
3 Edward's boss makes him feel stressed at work. ____
4 He listens to music while he's running. ____
5 Maurice had a stressful job. ____
6 He uses his phone to deal with stress. ____

9 5.9 Listen and complete the conversation.

Edward I don't think I can _____ more.
Lara What's wrong, Edward? Tell _____.
Edward I _____ work to do ... and no time!
Lara I can help. Let's _____ your jobs for today.

10 **ANSWER THE QUESTIONS:**

1 What do you think the biggest cause of stress is for most people?
2 What do you think the most stressful stage of our lives is?
3 Think of three stressful jobs. Are there any advantages to these jobs?
4 Think of three low-stress jobs. What kind of job would you prefer? Why?

ANSWERS HERE:

1. _____
_____
2. _____
_____
3. _____
_____
4. _____
_____