

Three teenagers talk about stress in their lives. Watch the video and complete the notes in the table.

	<b>What makes me stressed</b>	<b>How I deal with stress</b>
Kieran (Speaker 1)	Doing [ ] on time and the [ ] life at school.	Taking [ ], playing the [ ] and the [ ].
Amelia (Speaker 2)	Working in [ ] at weekends. No time for [ ] or friends.	[ ] in the park or to school or [ ].
George (Speaker 3)	Parents want me to go [ ] and look after [ ] and [ ].	Doing [ ], going for a [ ] or swimming. Playing a [ ] with a friend.

complete  
the sentences with the words in  
the box.

pet • sleep • food • plan (n)  
breakfast • exams • time

- 1 It can be difficult to ..... when you are stressed.
- 2 Eating ..... can help with stress because it gives you energy for the day.

- 3 It's important to find ..... to do your favourite activities. A ..... can help you to do this.
- 4 Stress can change your attitude to ..... in general.
- 5 If you have a ..... that is not well, it can make you stressed.
- 6 Studying for ..... can cause stress at school.