

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

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

**complete the sentences with the words in the box.**

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

- It can be difficult to ..... when you are stressed.
- Eating ..... can help with stress because it gives you energy for the day.
- It's important to find ..... to do your favourite activities. A ..... can help you to do this.
- Stress can change your attitude to ..... in general.
- If you have a ..... that is not well, it can make you stressed.
- Studying for ..... can cause stress at school.