TA9. U3. Healthy Living for Teens. Fill in 2

Complete the sentences with the correct phrase from the list below:

accomplish, additional, anxiety, appropriately, assignment, counsellor, deadline, delay, distractions, due date, fattening, mental, minimise, mood, optimistic, physical, priority, stressed out, well-balanced

1. If you are feeling _____, try some breathing exercises to calm down.
2. It is important to be _____ when choosing your meals to maintain a healthy diet.
3. My final project has a _____ next week, so I need to stay focused.
4. Try to _____ the time you spend on your phone while studying.
5. Regular _____ activity, like running or swimming, can help you stay fit and healthy.
6. To manage your time better, make sure you don't _____ your assignments.
7. I have an _____ task to finish before tomorrow, but I'll need more time.
8. My goal this year is to _____ more positive habits and improve my grades.
9. A _____ diet will provide your body with all the nutrients it needs.
10. When you feel _____, it can be hard to concentrate on schoolwork.
11. You should talk to a _____ if you're finding it hard to manage your stress.
12. The _____ for this paper is next Monday, so you need to submit it before then.
13. Staying _____ can help you cope better with stress and challenges.
14. Fast food can be very _____, so it's important to eat it in moderation.
15. To avoid getting _____ before exams, it's helpful to plan your study time well.
16. One of my _____ is to improve my fitness by exercising three times a week.
17. When you feel distracted, it's difficult to stay focused and complete your _____.
18. A good night's sleep can improve both your _____ and physical health.
19. An extra hour of study would be _____ to get ready for the final test.
20. If you don't remove _____ from your study space, it will be hard to focus.

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LIVEWORKSHEETS