

## 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.