

A Read the article. How many suggestions does it make for managing stress?

a three **b** five **c** seven

B Read the article again. Choose the correct words to complete the sentences.

- 1 The writer says everyday stressful situations are **small / big**.
- 2 She suggests we can **always / sometimes** leave a stressful situation.
- 3 She suggests **turning off phones / leaving phones in another room**.
- 4 We should exercise **regularly / when we're stressed**.
- 5 She says that it's **bad / good** to forget the time when doing a hobby.
- 6 She suggests **talking / not talking** about our stress.
- 7 She says we **always / don't always** need to talk to friends and family.
- 8 She believes **different / the same** ideas help different people.