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.

LIVEWORKSHEETS