

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### Managing stress

#### WHAT CAN YOU REMEMBER?

- 1 Work in pairs. Why does Leo feel stressed?
- 2 Look at the picture. What is Leo holding? Why did he buy them?



- 3 Work in pairs. What are the four things that Leo found out about stress?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

#### GIVE IT A GO

- 4 Read the survey questions. Choose the answers A, B and C that are true for you.
  - 1 You have a History exam tomorrow. You have studied for it.  
A You feel confident and relaxed.  
B You feel a little bit stressed. There might be some tricky questions.  
C You feel sick with fear.
  - 2 Your friend invites you to a party. You won't know anyone else there.  
A It isn't a problem. You love meeting new people!  
B You're a bit nervous.  
C You make an excuse not to go.
  - 3 You lose your new mobile phone.  
A It doesn't matter. These things happen!  
B Oh, no. Your parents will be a bit upset with you.  
C This is absolutely terrible.

- 4 You are asked to perform in the school play.  
A Fantastic! It sounds like a lot of fun.  
B You agree to perform, but feel a bit nervous about it.  
C No way – it would be too stressful!

- 5 Compare your answers with a partner. Who is more relaxed and who is more stressed in the different situations in Exercise 4?

- 6 Work in pairs. Read the situations and write advice to help reduce stress.

- 1 Melinda and her brother are home by themselves. Melinda's brother cuts his thumb quite badly.

- 2 Jake has a Biology exam tomorrow. He accidentally studied the wrong unit in the textbook.

- 7 Work in pairs and choose one of the situations in Exercise 6. Prepare a role play where you act out the best way to reduce stress in the situation.

#### KEEP IT UP

- 8 Over the next week, keep a diary of when you were stressed.

The situation	Your response	The result

- 9 Share your experiences in groups. Would you respond differently if you were in any of the situations again? How?