

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?