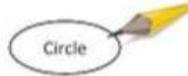


Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** 1. Watch the video [here](#) and listen to Jana talk about the problems of too much stress.  
2. Then answer the questions.

1. **Stress is good for your sleep.**



a) Yes

b) No

2. Check  the ways you hear to lower stress.



counselling



smoking



eating healthy



sleep



exercise



deep breathing 34