

How to manage STRESS

- A** Like adults, it's normal for teenagers to feel stress, and it can be useful at times. A bit of stress helps you to complete your daily routine. But stress isn't good when it makes you unhappy or worried. So, why not try these ways to relax?

breathe (v) take air in and out through your nose or mouth
electronic gadget (n) e.g. computer, mobile phone



B *Do daily exercise.*

Go for a run or a bike ride or just go for a walk! Walking quickly for an hour every day gives you all the exercise you need.



C *Do breathing exercises.*

You don't normally think when you **breathe**, but when you breathe very slowly, it relaxes you. Just do these exercises for five minutes at different times during the day!



D *Do a favourite activity.*

When you take a break to do something you love, you relax and feel good. So, watch some TV, talk to friends or maybe make a cake!



E *Sleep for 8-10 hours a night.*

To sleep well, don't use **electronic gadgets** for an hour before bedtime – read a good book instead! And go to bed at a regular time too.

1 Paragraph A

- ☐ A Adults feel stress all the time.
- ☐ B Stress makes it difficult to do things.
- ☐ C Stress can help you to do things.
- ☐ D Only teenagers feel stress.

2 Paragraph B

- ☐ A It's a good idea to do different types of exercise.
- ☐ B Going for a walk makes you happy.
- ☐ C It's fun to go for a run.
- ☐ D It's important to do some exercise every day.

3 Paragraph C

- ☐ A Lots of people breathe slowly.
- ☐ B Breathing exercises can help you to relax.
- ☐ C It's normal to breathe.
- ☐ D People think when they breathe.

4 Paragraph D

- ☐ A It's good to do lots of different activities.
- ☐ B You need to do your favourite activity all the time.
- ☐ C Making a cake is a good activity.
- ☐ D It's important to stop for a short time and do something you like.

5 Paragraph E

- ☐ A It's good to read in bed.
- ☐ B Lots of people go to bed at 10 p.m.
- ☐ C It's bad to use phones, etc. in the hour before you go to bed.
- ☐ D People use electronic gadgets to sleep well.

Read the text again. Are the sentences true (T) or false (F)?

- 1 Stress is a part of normal life. ☐
- 2 Stress can make people happy. ☐
- 3 For daily exercise, you need to walk every hour. ☐
- 4 It takes a long time to do breathing exercises. ☐
- 5 Talking to friends is good for you. ☐
- 6 It's a good idea to go to bed at the same time every night. ☐