

Choose the correct options to complete the paragraph.

(1) stressed right now? Perhaps it's because you (2) in front of a computer screen these days. So what should you do? You could be the type of person who (3) a book, for instance, or (4) video games for relaxation. Or perhaps you (5) that the answer to everyday stress is more time outside, surrounded by nature. (6) getting away from cities, cars, and computers and heading into the mountains? It's true that we (7) time off work to relax, though it (8) more and more difficult to get away. But people (9) forests, parks, lakes, and rivers for thousands of years, so if life (10) to be too much to cope with recently, think about taking a break out in the woods or a walk in the park, even if it's just for an hour or two.