

## VOCABULARY QUIZ ,STRESS MANAGEMENT“

I. Insert the verbs and phrases given in the right form.

**exacerbate    be on sb. case    prioritise tasks    blow off steam    cope**

1. When work gets frustrating, I like to go bowling to \_\_\_\_\_.
2. I have to get off the phone now. My mom \_\_\_\_\_ to finish my homework.
3. Her response only \_\_\_\_\_ the situation and made it unsolvable.
4. Although the situation was really stressful, she \_\_\_\_\_ well with the problem.
5. If you want to do everything on time, make lists of what to do and \_\_\_\_\_.

II. Match the words with their definitions.

<b>peer pressure</b>	a date on which you need to submit work
<b>deadline</b>	stress experienced in positive situations e.g. marriage, having a baby
<b>comfort food</b>	stress experienced in negative situations e.g. death of a family member
<b>eustress</b>	the feeling of needing to do the same thing as all your friends
<b>distress</b>	something that you eat when you are feeling stressed or depressed, usually unhealthy food like chocolate