14 **Fill in the prepositions. How do you cope with school stress?**

with (×6)	in (×2)	on (×3)	through	into	
of (×2)	by	about (×2)	for	from	at
back	during	up with			

School Stress: Five Tips From an Expert

We chatted *with* Stiffelman, a psychotherapist who has helped countless teens cope _____ school stresses, _____ her best tips for managing academic nervousness. Scroll down for five helpful ways to get _____ your school years with less stress.

1. Stiffelman emphasizes that you have to take care _____ yourself. Start _____ the basics, like sleep and healthy food. Don't forget to fit _____ some free time _____ your daily routine.

2. "All stress is caused _____ stressful thinking," says Stiffelman. When you start worrying _____ not finishing your project _____ time, your negative thinking distracts you _____ doing the project well and, finally, you get disappointed _____ your result. Instead, focus _____ how to create the time to work _____ the project.

3. Stiffelman advises her young clients to divide their work _____ bite-sized portions that feel less frightening than looking _____ the big picture.

4. Stiffelman says, "Lower your goals, you'll achieve more." Instead _____ setting your goal to keep _____ the top students and get the highest mark _____ the class, set a goal to feel satisfied _____ your performance.

5. It's important to take breaks to relax _____ your exams, Stiffelman urges. Take short breaks _____ fun activities so that you'll be able to go _____ to your studying refreshed.

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