



Match the letter to the numbered word

1. breathe	<i>j</i>	a. easily upset, in a bad mood
2. stress		b. feelings: worried, happy, depressed, excited
3. handle		c. very tired
4. memory		d. switch off
5. irritable		e. manage
6. spa treatment		f. massage, facial, sauna, manicure, pedicure
7. emotions		g. something remembered from the past
8. turn off		h. feelings of worry and anxiety
9. motivate		i. inspire you to do something
10. exhaustion		j. take air into your lungs
11. unplug		k. turn off your devices

Some of the effects of stress are:	yes/no	
Eating more, gaining weight		
Drinking more liquor		
Getting your hair cut		
Sneezing and coughing		
Not eating, losing weight		
Irritable mood		
Not sleeping		
Exhaustion		

What sentence describes you?	yes/no/ sometimes	Describe Your Stress Level  Not at all Very
I don't worry about things that I can't change		
Stress motivates me		
I feel stressed most of the time		
I don't handle stress very well		

What are some symptoms of stress?	yes/no	
Stomach or digestive problems		
Chest pain or racing heart		
Being in a good mood		
Skin problems		
High blood pressure		
Muscle pain or jaw clenching		
Depression		
Poor memory, forgetting things		
Anxiety and worry		

What stresses you out?	yes, no, sometimes	
Traffic		
Being late		
New Technology		
Health and Medical issues		
Job		
Speaking English		
Losing stuff		
Family and friends		
Moving to a new place		
Money/Bills		

A good way to handle stress is:	yes /no/sometimes	 
Do breathing exercises		
Unplug for a while		
Watch a funny movie		
Learn to say "No"		
Talk to friends		
Get a massage		
Exercise		
Go to bed early		
Play a game		
Be in the moment		
Pet an animal		
Hug someone		
Enjoy a meal slowly		
Listen to music/podcast		
Meditate		
Do yoga		
Read a book		
Ignore social media		
Take a long bath		

Exercise - Fill-in the blanks with these words. You can use some more than once

How	Are	Would	Do	Can	What	Let's
-----	-----	-------	----	-----	------	-------

you feeling ok?
you upset?
meet for coffee.
you like to play a game of cards?
you want talk about it?
about going for a walk?
you want to watch some TV?
I get you a cup of tea?
is wrong?
I do anything to help?
you want to hear something funny?