

Listening Comprehension

Listen to the man talking about stress. Choose the correct alternative.

1. The man says he knows why he's stressed.
 - a. True
 - b. False
 - c. No information

2. He needs to tell himself....
 - a. That the stressful situation will finish soon
 - b. That the stressful situation won't end soon
 - c. That the stressful situation will come back soon

3. He implies that people are more stressed now than 200 years ago.
 - a. True
 - b. False
 - c. No information

4. He feels stressed when...
 - a. he doesn't have a deadline
 - b. he has too much time
 - c. he doesn't have enough time

5. He reduces stress by...
 - a. Talking to friends
 - b. Going for a swim
 - c. Meeting with friends

6. The man will get his _____ ready for next time he feels stressed.
 - a. Walking shoes
 - b. Dancing shoes
 - c. Running shoes