

Listening healthy living quiz

-  **2** Look at the quiz. Then listen to a conversation between two people at work.
Choose the correct option (a, b or c).

Stress is bad for your health – both physical and mental

Find out how stressed you are with this quick quiz.

- 1 I worry about money
a every day ☐ b at least once a week ☐ c once a month ☐
- 2 I have problems sleeping at night.
a never ☐ b sometimes ☐ c always ☐
- 3 I find it difficult to concentrate.
a rarely ☐ b sometimes ☐ c often ☐
- 4 Which of these sentences describes your lunchtimes?
a I often eat lunch at my desk and answer calls or send emails. ☐
b I often eat lunch at my desk and read the newspaper or relax. ☐
c I often leave my desk, go for a walk or eat my lunch somewhere else. ☐