1. **How stressed does Jacob feel at his job?**

He isn't experiencing any stress at work.

He's handling his work stress better now than he did in the past.

He isn't dealing with the stress very well.

2. **When does Jacob run to relieve stress?**

He runs before work.

He runs at lunchtime.

He runs after work.

3. **When is it difficult for Jacob to sleep?**

It's difficult if his dog wants to go outside at night.

It's difficult if his cat is awake at night.

It's difficult if he runs in the evening.

4. **Why doesn't Jacob want a dog or cat?**

He doesn't like interacting with pets.

He doesn't have time for a pet.

He doesn't stay at home on the weekends.

5. **What does Jacob do on the weekends to relieve stress?**

He socializes with his friends.

He goes to the office to catch up on work.

He goes to lunch with friends from the office.

LIVEWORKSHEETS

6. Why doesn't Jacob feel alone about his problem?

He knows Emily deals with stress, too.

He knows his boss deals with tension, too.

He knows many people experience stress, too.

7. What did Emily tell Jacob when they talked in the past?

He should try meditation.

He doesn't suffer from stress.

He should get a pet.

8. When does Jacob meditate?

He meditates before work.

He meditates at lunchtime.

He meditates after work.

LIVEWORKSHEETS