Dealing with STRESS

Look at the photos and find somebody who is:

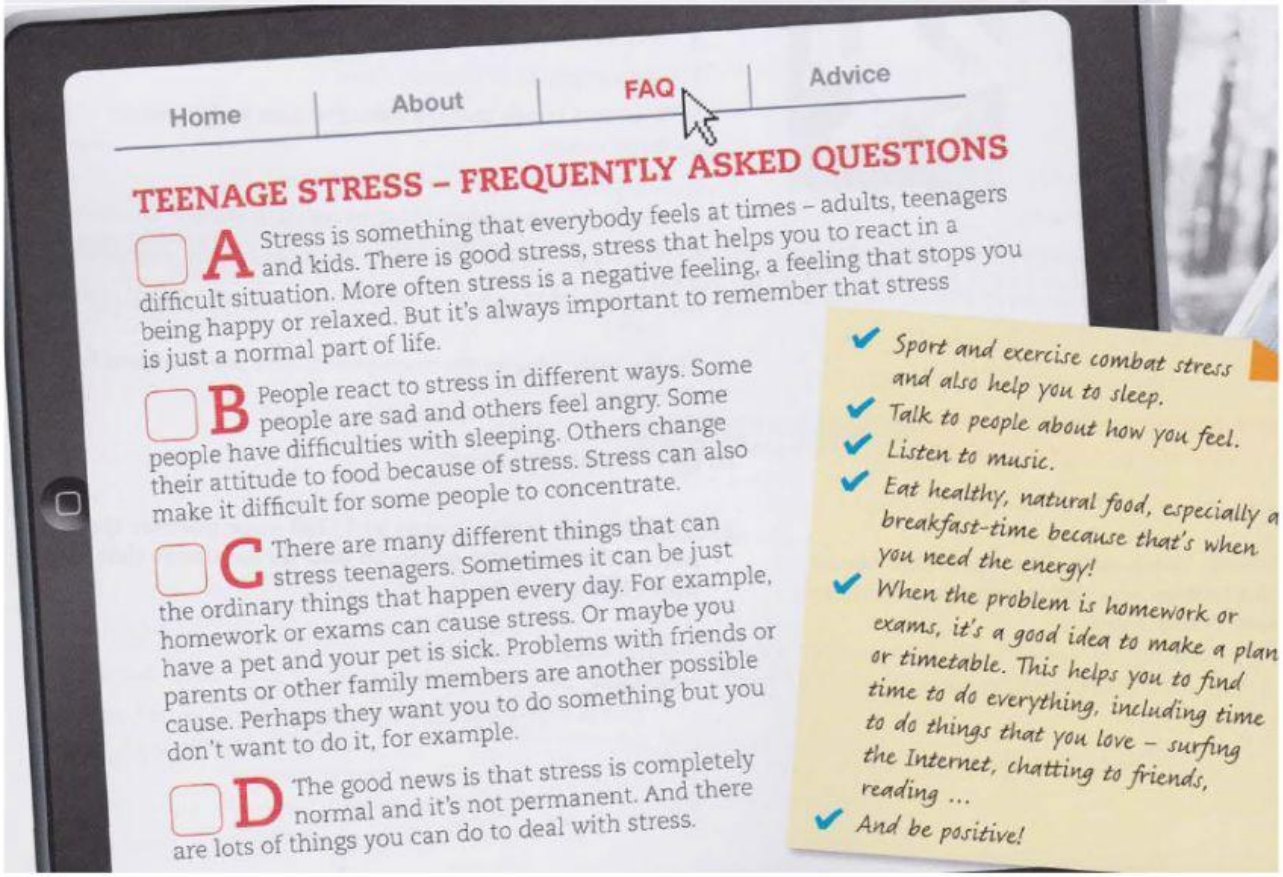
1 happy
2 sad
3 relaxed
4 angry
5 worried

Match the halves to make logical sentences.

1	I feel worried when I ...	a	listen to slow, calm music.
2	I feel relaxed when I ...	b	have a very difficult exam.
3	I feel happy when I ...	c	don't listen to me.
4	I feel sad when I ...	d	see a grey sky.
5	I feel angry when people ...	e	am at a party with my friends.

Read the website text; match the questions with the paragraphs.

1 What are common causes of teenage stress?
2 What is stress?
3 How can you deal with stress?
4 How do you know when you are stressed?



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TEENAGE STRESS – FREQUENTLY ASKED QUESTIONS

☐ **A** Stress is something that everybody feels at times – adults, teenagers and kids. There is good stress, stress that helps you to react in a difficult situation. More often stress is a negative feeling, a feeling that stops you being happy or relaxed. But it's always important to remember that stress is just a normal part of life.

☐ **B** People react to stress in different ways. Some people are sad and others feel angry. Some people have difficulties with sleeping. Others change their attitude to food because of stress. Stress can also make it difficult for some people to concentrate.

☐ **C** There are many different things that can stress teenagers. Sometimes it can be just the ordinary things that happen every day. For example, homework or exams can cause stress. Or maybe you have a pet and your pet is sick. Problems with friends or parents or other family members are another possible cause. Perhaps they want you to do something but you don't want to do it, for example.

☐ **D** The good news is that stress is completely normal and it's not permanent. And there are lots of things you can do to deal with stress.

- ✔ Sport and exercise combat stress and also help you to sleep.
- ✔ Talk to people about how you feel.
- ✔ Listen to music.
- ✔ Eat healthy, natural food, especially a breakfast-time because that's when you need the energy!
- ✔ When the problem is homework or exams, it's a good idea to make a plan or timetable. This helps you to find time to do everything, including time to do things that you love – surfing the Internet, chatting to friends, reading ...
- ✔ And be positive!

Complete the sentences with the following words.

LIVEWORKSHEETS

pet • sleep • food • plan (n)
breakfast • exams • time

It can be difficult to ..... when you are stressed.

Eating ..... can help with stress because it gives you energy for the day.

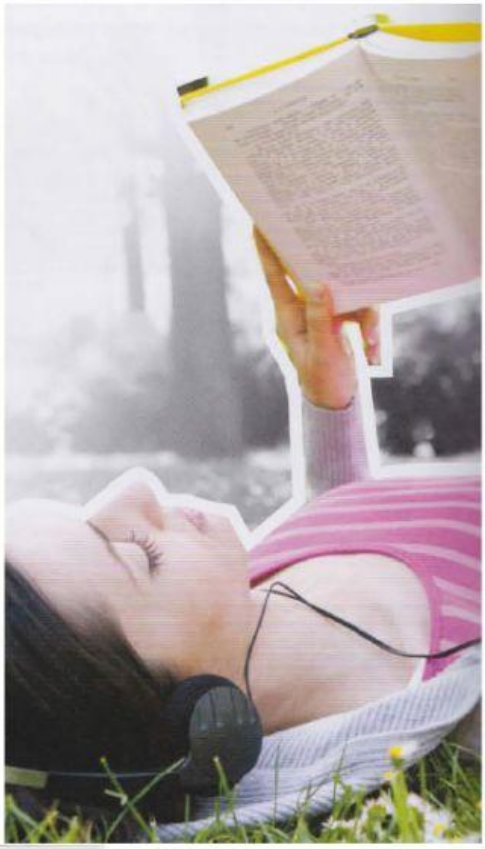
It's important to find ..... to do your favourite activities.

A ..... can help you to do this.

Stress can change your attitude to ..... in general.

If you have a ..... that is not well, it can make you stressed.

Studying for ..... can cause stress at school.



LISTENING 16 ***Three teenagers talk about stress in their lives. Watch the video or listen and complete the notes in the table.***

	What makes me stressed	How I deal with stress
Kieran (Speaker 1)	*Doing ..... on time and the ..... life at school.*	*Taking ....., playing the ..... and the .....*
Amelia (Speaker 2)	*Working in ..... at weekends. No time for ..... or friends.*	*..... in the park or to school or ..... .*
George (Speaker 3)	*Parents want me to go ..... and look after ..... and ..... .*	*Doing ....., going for a ..... or swimming. Playing ..... .*

LIVEWORKSHEETS

Imagine that you have a friend who is stressed at the moment because they have a lot of things to do at school – practising for a music concert, revision for exams, and playing in a school sports team. In groups, prepare a video message or write an email to help them.

Follow this plan:

1 *Say hello.*
2 *Give three ideas to deal with stress during the week (We think it's a good idea to ..., When this happens to me, I ...).*
3 *Give two ideas to help at the weekend.*
4 *Tell your friend to contact you in two weeks to say how they are.*

Think of a typical Saturday morning. Talk about what you do and where you go.

17 Listen to two people talking about where their friends go on Saturday morning. Match a person and a place.

1 Sam	a art gallery
2 Matthew	b library
3 Ben	c museum
4 Isabel	d park
5 Sophia	e school
	f shopping centre
	g sports centre
	h swimming pool

LIVEWORKSHEETS

17 **Look at this information. Which person in previous task is it? Listen again.**

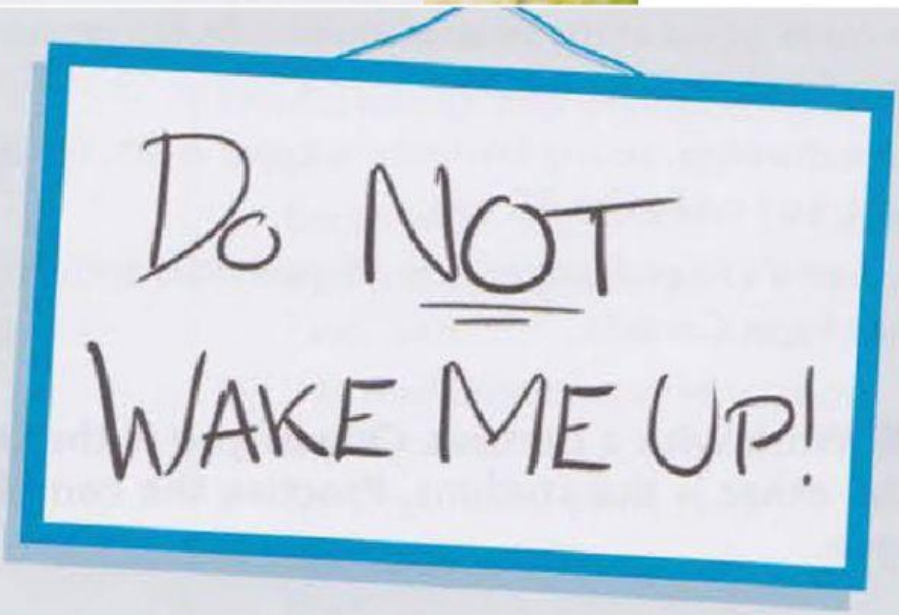
a This person always plays basketball on Saturday morning. .....

b This person never swims on Saturday morning. .....

c This person often does his homework on a Saturday morning. .....

d This person hardly ever goes to the sports centre. .....

e This person sometimes goes to the park. .....



1 What time/get up on Sunday?
2 When/go to bed on Saturday?
3 Where/have lunch on Saturday?
4 What/eat on Sunday?
5 Who/go out with at the weekend?
6 How many hours of TV/watch?

LIVEWORKSHEETS