

Complete the text with the correct form of the adjectives in brackets. Use *-ing* if it describes something, or *-ed* if it tells us how someone feels.

LOVE *in the* AIR

For many people, the flight to Australia is long and (1) *boring* (bore). But it wasn't for Abbie and Leo Davies – because that's where they first met.

'Abbie was sitting next to me,' said Leo. 'I felt (2) (relax) talking to her and we got on really well. We chatted all the way to Sydney and it was (3) (surprise) how quickly the time went.'

But they forgot to get each other's phone number, so after the flight Leo contacted the airline. 'To be honest, it was a bit (4) (embarrass) because the staff were quite (5) (amuse) by the situation, but anyway I gave them her seat number, and waited.'

Abbie, too, was feeling sad.

'I was (6) (annoy) with myself for not getting his number,' she said, 'though I was also a bit (7) (disappoint) he didn't ask me for mine. I thought he wasn't really (8) (interest) in seeing me again. So I was (9) (amaze) when the airline phoned to ask if I wanted to call Leo. I was so (10) (excite) that I phoned him that evening, and soon we had our first date. Now we're married and we're very happy together.'



How I dealt with stress

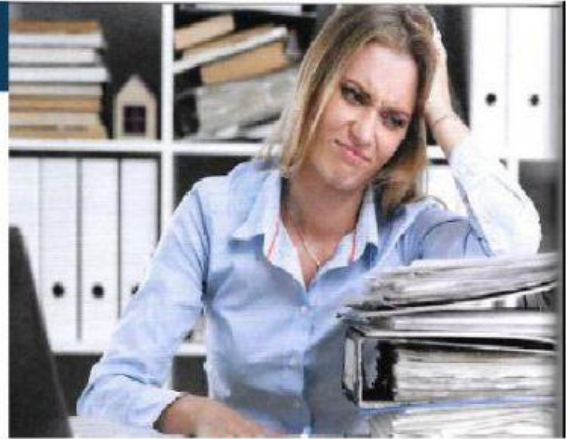
1 For months I'd been unable to relax and I felt awful. I worried about things, I wasn't sleeping well and I couldn't concentrate on my work in the office. Then my best friend told me that everyone thought I was always in a bad mood. (1)

2 I began by making some simple changes to my routine. Each morning when I woke up I thought about things I was looking forward to so that I started the day in a more positive mood. I kept doing that until it became a habit. I also knew I should do more exercise but to tell the truth I don't enjoy doing sports. (2) That really helped me to relax, particularly when I learnt to concentrate on enjoying the experience rather than let negative thoughts go through my mind.

3 I changed the way I worked, too. I used to answer every email as soon as it came in, but this meant that I kept stopping and starting work, and I could only make slow progress which made me feel really stressed. Nowadays, I leave most messages until later in the day and reply to any urgent ones only when I take a break. I do this every 40 minutes or so, usually for no more than ten minutes. (3)

4 I've also discovered some great anti-stress apps such as Headspace, Pacifica and Calm. Apps like these have breathing exercises, relaxing sounds such as the ocean, rain or streams, and suggestions for making changes in your daily life to help you relax. (4) Some of these apps are free.

5 Last month I read an article which said people with a good sense of humour are usually happier and more relaxed. (5) Having fun with friends or watching your favourite comedy series are easy ways to achieve this. And when you aren't stressed, it can make it much easier to do your job!



You are going to read an article about dealing with stress. Five sentences have been removed from the text. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

- A One I particularly like has a 'quick tips' section for stressful situations.
- B It was so funny that I felt more cheerful straight away.
- C That made me realise I couldn't go on feeling so stressed.
- D I knew I had to finish that first.
- E It recommended that everyone should laugh more often every day.
- F So I took up dancing instead.
- G People who do so often seem to be miserable.
- H If it's longer, I find it hard to concentrate on my original task.