

Complete the sentences with a word derived from the word in bold.

Write in **BLOCK CAPITALS** without spaces between the words!!!
ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!

SHOUT IT OUT

The next time you feel like screaming from all the **1** _____ of daily living, well go ahead and let it all out, as new **2** _____ has found that a good shout can reduce stress by up to 25 percent.

This may sound **3** _____ ' but it appears that screaming **4** _____ actually helps calm people down and is an **5** _____ technique for dealing with stress.

Ever since cavemen roamed the Earth, screaming has helped humans express their **6** _____.

"Screaming releases endorphins, the body's **7** _____ anesthetic, which makes it a great stress **8** _____ says Armand DiMele, a director of a counselling centre in New York.

DiMele explains that when a person screams, they release the **9** _____ built up inside their body. His clients do 30 minute **10** _____ screaming sessions and usually leave with a feeling of great **11** _____ Of course, you can take advantage of this anytime, as even a ten second scream can get rid of a lot of stress!

PRESS
SEARCH

LOGICAL
LOUD
EFFECT

FRUSTRATE

NATURE
RELIEVE

TENSE
THERAPY

PLEASE

After finishing the task, enjoy the view:



Winter in Kolomna