

### HEALTHY TIPS TO FACE STRESS

Do you sometimes feel that life is very **1** \_\_\_\_\_? Do you often feel you don't have enough energy? Do you shout and get angry with your friends and family for no **2** \_\_\_\_\_? Well, you're probably doing these things because you are stressed. But don't worry – I'm going to give you some easy **3** \_\_\_\_\_ to deal with your stress effectively. OK, first, it's important to develop healthy habits and routines, for example, eat well, get enough sleep and do exercise, and always **4** \_\_\_\_\_ in difficult situations. It's also important to organize your time efficiently, so that you can do everything on time. So, for example, if you have lots of homework, don't start at ten o'clock at night! Also you can avoid stress if you do something you **5** \_\_\_\_\_, for example, your hobbies and your favourite leisure time activities. Another good tip is to take care of your spiritual needs. You can **6** \_\_\_\_\_, you can **7** \_\_\_\_\_ or you can just sit outdoors and appreciate the beautiful sunset. It's also a great idea to make sure you **8** \_\_\_\_\_ with people who have a positive attitude. And finally, remember, **9** \_\_\_\_\_ your problems and always talk about your feelings with someone you **10** \_\_\_\_\_. I'm sure these tips will help to deal with your stress. Thank you for listening