

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