



5B Modern life is stressful

1 Look at the pictures. In pairs, order them from 1 (most stressful) to 5 (least stressful).



2 Read the text. Complete the tips with *do*, *make*, *have*, or *take*.

The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!



- 1 First, _____ a **deep breath** and give yourself time to think.
- 2 Then _____ a **list** of everything you have to do.
- 3 Next, _____ a **decision** about what you can realistically do today.
- 4 Remember to _____ a **break** every two or three hours.
- 5 You should _____ **something** that makes you feel happy.
- 6 Try to _____ a **talk** with friends and family about the situation.
- 7 And finally, _____ **your best** to eat well, exercise, and get at least eight hours' sleep.



Go to Vocabulary practice: collocations with *do*, *make*, *have*, and *take*, page 145

3 Ask and answer the questions in pairs.

- 1 Do you think your life is stressful? Why/Why not?
- 2 What things make you feel stressed?
- 3 Do you think the tips are useful? Why/Why not?
- 4 Can you think of any other ways to deal with stress?

Skill listening in detail

It is often important to understand what someone says in detail.

- Read the questions carefully and think about the possible answers.
- Listen carefully to everything the speaker says before you answer the question.
- Pay attention to how the things the speaker says relate to each other.
- Be careful in case the speaker changes his/her mind or corrects himself/herself.

4 A 5.6 Read the Skill box. Watch or listen to the first part of *Learning Curve*. Choose the correct options to answer the questions.

- 1 How does Simon deal with stress?
a He makes a list of jobs. b He walks around. c He talks to his brother.
- 2 How many people in the U.S. suffer from stress every day?
a 77% of citizens b 400,000 people c only a small number of people
- 3 What do some scientists say about a small amount of stress?
a It can make us sick. b It makes us feel bored. c It can help us work better.

B 5.6 Compare your answers in pairs. Watch or listen again and check.

