

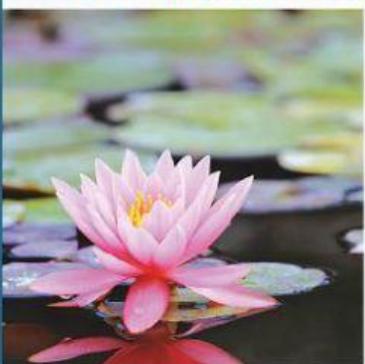
MODERN LIFE IS STRESSFUL

1 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.

2

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?

1. _____

2. _____

3. _____

4. _____

3

5.5 Complete the diagrams with *do, make, have, or take*. Listen and check.



4

Complete the sentences with the correct form of the verbs *do*, *make*, *have*, or *take*.

1 I _____ a bad argument with my parents last night.	5 To relax, she _____ Pilates every day after work.
2 Alvin always finishes his work late and _____ an excuse.	6 We _____ a great time when we went to California.
3 If you want to make good sushi, you have to _____ your time.	7 Lisa _____ her best, but she failed the exam.
4 Don't _____ any mistakes or you'll have to start over.	8 I don't have a reservation, but I'm going to _____ a chance and go.



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.

5

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.

**6**

1 Do you think life today is more stressful than 50 years ago? Why/Why not?

2 Do you think a little stress can be good for us? Why/Why not?

1. _____

2. _____

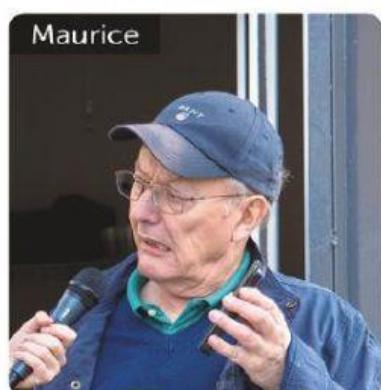
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A  5.7 Watch or listen to the second part of the show. Match the names of the speakers with the tips for dealing with stress.

1 running _____

2 speaking to family _____

3 doing yoga _____



8

5.7 Watch or listen again. Are the sentences true (T) or false (F)?

- 1 Taylor helps people who suffer from stress.
- 2 She thinks complaining about stress can help.
- 3 Edward's boss makes him feel stressed at work.
- 4 He listens to music while he's running.
- 5 Maurice had a stressful job.
- 6 He uses his phone to deal with stress.

9

5.9 Listen and complete the conversation.

Edward I don't think I can _____ more.

Lara What's wrong, Edward? Tell _____.

Edward I _____ work to do ... and no time!

Lara I can help. Let's _____ your jobs for today.

10

ANSWER THE QUESTIONS:

- 1 What do you think the biggest cause of stress is for most people?
- 2 What do you think the most stressful stage of our lives is?
- 3 Think of three stressful jobs. Are there any advantages to these jobs?
- 4 Think of three low-stress jobs. What kind of job would you prefer? Why?



ANSWERS HERE:

1. _____

2. _____

3. _____

4. _____