Three teenagers talk about stress in their lives. Watch the video and complete the notes in the table.

	What makes me stressed	How I deal with stress
Kieran (Speaker 1)	Doing _____ on time and the _____ life at school.	Taking _____, playing the _____ and the _____.
Amelia (Speaker 2)	Working in _____ at weekends. No time for _____ or friends.	_____ in the park or to school or _____.
George (Speaker 3)	Parents want me to go _____ and look after _____ and _____	Doing _____, going for a _____ or swimming. Playing a _____ with a friend.

complete the sentences with the words in the box.

pet • sleep • food • plan (n)
breakfast • exams • time

1 It can be difficult to ..... when you are stressed.

2 Eating ..... can help with stress because it gives you energy for the day.

3 It's important to find ..... to do your favourite activities. A ..... can help you to do this.

4 Stress can change your attitude to ..... in general.

5 If you have a ..... that is not well, it can make you stressed.

6 Studying for ..... can cause stress at school.

LIVEWORKSHEETS