

Let's deal with our stress!

Fill in the blanks in this paragraph with words from the list below.

about / advice / break / connect / decision / forget / list / quiet /
regularly / Remember / sleep / some / talk / well / yourself

Here are some pieces of ¹ _____ on how to deal with stress. First, take a deep breath and give ² _____ time to smile. Then, make a ³ _____ of everything you have to do and make a ⁴ _____ about what you can easily do on that day. Next, have a ⁵ _____ every two or three hours and ⁶ _____ about your problems. ⁷ _____ to do something that makes you feel happy like having ⁸ _____ chocolate or a cup of coffee. Try to ⁹ _____ with your family and friends ¹⁰ _____ your situation. Another great idea is to ¹¹ _____ with nature by walking on the beach or relaxing in a ¹² _____ corner in a park. Finally, do your best to eat ¹³ _____, exercise ¹⁴ _____, and get at least eight hours' ¹⁵ _____.