

Phrasal verbs – GIVE 3 - Reading

give up give in give over	give onto give out give away	give back give off
--	---	-------------------------------------

Text 1: Managing Stress in Daily Life

Managing stress is a critical part of living a healthy life. One of the first things people need to do is ___ (1) unhealthy habits that contribute to stress, such as overworking or neglecting self-care.

Sometimes, it can be tempting to ___ (2) when challenges feel overwhelming, but resilience is key.

Another effective strategy is to focus on positivity. For instance, helping others by ___ (3) your time or resources can foster a sense of purpose and reduce anxiety. However, it's also crucial not to ___ (4) too much energy on things that don't align with your goals.

When discussing stress management, we should also consider physical spaces. For example, rooms that ___ (5) natural light can boost mood and create a calming atmosphere. Similarly, avoiding environments that ___ (6) unpleasant odors or sounds can help reduce stress triggers.

Finally, if you've borrowed something from a friend, remember to ___ (7) their belongings as soon as possible. Delays in returning items can lead to misunderstandings and added stress. Above all, don't forget to allow yourself moments to recharge. If your body starts to ___ (8) signs of exhaustion, take a break and prioritize your health.

1. A. give up
B. give over
C. give in
D. give out
2. A. give back
B. give in
C. give onto
D. give off
3. A. give away
B. give up
C. give over
D. give out
4. A. give off
B. give in
C. give over
D. give away
5. A. give back
B. give onto
C. give off
D. give up

6. A. give out
B. give over
C. give off
D. give in
7. A. give over
B. give back
C. give away
D. give onto
8. A. give in
B. give out
C. give over
D. give off

Text 2: Generosity and Kindness

Generosity is a powerful way to strengthen relationships. One way to practice it is by ____ (1) gifts to loved ones without expecting anything in return. These small gestures can create strong bonds. Similarly, when someone needs help, avoid hesitating or ____ (2) excuses—kindness requires action.

Generosity isn't just about material things. Sometimes, it's about ____ (3) your attention to someone who feels ignored or isolated. However, people must be careful not to ____ (4) all their time and energy to others at the expense of self-care.

Physical spaces can also reflect kindness. For instance, homes that ____ (5) warmth and welcoming vibes can make guests feel at ease. On the other hand, spaces that ____ (6) harsh lighting or unpleasant smells might make visitors uncomfortable.

Additionally, when you borrow items from friends, always ____ (7) what you took. Returning items shows respect and maintains trust. And when others make mistakes, instead of holding grudges, try to ____ (8) control of your negative emotions and focus on understanding.

1. A. give away
B. give up
C. give out
D. give over
2. A. give off
B. give in
C. give over
D. give back
3. A. give up
B. give over
C. give onto
D. give away
4. A. give over
B. give in

- C. give back
 - D. give up
5. A. give out
- B. give away
 - C. give off
 - D. give back
6. A. give up
- B. give off
 - C. give onto
 - D. give over
7. A. give back
- B. give away
 - C. give out
 - D. give over
8. A. give in
- B. give over
 - C. give onto
 - D. give off