

# BEATING STRESS

You are going to read an article in which four young people say how they deal with the everyday stress in their lives. For each question choose from people A-D. The people may be chosen more than once.

## Which person

- |  |    |       |       |
|--|----|-------|-------|
| regularly does a job without getting paid?                             | 16 | _____ |       |
| no longer agrees to do things they don't want to do?                   | 17 | _____ |       |
| tries to see the funny side of things that are worrying them?          | 18 | _____ |       |
| accepts that they sometimes make mistakes?                             | 19 | _____ |       |
| is disappointed they can't see a particular kind of entertainment?     | 20 | _____ |       |
| prefers to do unpleasant jobs as soon as possible?                     | 21 | _____ |       |
| is not doing as well in their studies as they would like?              | 22 | _____ |       |
| now enjoys doing something which they used to dislike?                 | 23 | 24    | _____ |
| likes to tell friends about their problems?                            | 25 | _____ |       |
| goes to bed quite early nowadays?                                      | 26 | _____ |       |
| sometimes breaks their own rules about eating when they are not alone? | 27 | _____ |       |
| finds that acting makes them feel better?                              | 28 | _____ |       |
| likes to think back to times when they felt less stressed?             | 29 | _____ |       |
| believes in putting off certain tasks?                                 | 30 | _____ |       |



## *Six first-year students say what life is like at their universities*

### **A**

School student **Ester Montoya** knows she also, improve her marks in her main subjects. She's trying hard, but it's not easy and sometimes she feels she's doing too much work. "I have to get away from it now and then," she says, "so recently I've joined a local youth theater group. It really helps because it takes my mind off everything, it's a kind of escape from reality. Also I'm meeting other people of my own age and I'm hoping to make some friends there. Apart from that I suppose there's TV, but there's not a lot on. I've read that laughing can be very relaxing, but I'm afraid none of the comedy series they're showing right now is worth watching. Something I've been meaning to try, though, is work helping others, perhaps old people. A friend of mine does it, and she says it really makes a difference - both to them and to her."

### **B**

For seventeen-year-old **Steven Ellison**, life is particularly busy right now. He's revising for some important exams but he still manages to find time for his favorite free-time activities, which include long-distance running. "It's funny," he says, "I only took to it recently when I found it helped me wind down, because at school I never looked forward to those cross-country runs we had to do every Monday morning. Yet nowadays I run a lot at weekends, and I do some voluntary work with local kids at the sports center." As well as doing plenty of exercise, he also tries to maintain a healthy diet. "I've told myself I must always eat a variety of healthy food, with lots of fruit and green vegetables, though if I'm out with my mates I may give in to temptation and have a burger and chips. I never drink coffee, though, because it makes you talk and act nervously, and it keeps you awake at night, too, which is bad for your stress level."

### **C**

First-year university student **Amelie Lefevre** believes that the best way to beat stress is to organize your life more sensibly. "My life used to be pretty chaotic, there always seemed to be so much to do, often jobs that other people should have been doing. So what I eventually learned to do was to say "no", politely, to extra work. That helped, as did making a list of priorities for each day, with some things scheduled for today, others for tomorrow and some that could be postponed for longer. I also make rules for myself about meal times, and the amount of sleep I need. There was a time when I was staying up until all hours, but I was exhausted the next day so I don't do that anymore. I think I manage my time quite well now, but nobody's perfect and occasionally I still oversleep and turn up late for lectures!"

### **D**

Student **Ndali Traore** likes to get up early so he has a relaxed start to the day. "I hate leaving jobs till the last minute, and I always try to do those I like least first," he says. "These days I always listen to music while I'm working," he adds, "whereas a couple of years ago I found it annoying - it always seemed to spoil my concentration." When he has some free time, he goes to the cinema or out with friends. "If something's bothering me," he said, "I often find that just talking to them about it helps. Particularly if you can make a joke about it, because it always seems a lot less serious when you do that." If he's on his own, he has a special way of dealing with stress: "I try to relive occasions when I was really relaxed, such as spending the day by a beautiful lake in the sunshine. That often works, he says.