

**A** Read the article. How many suggestions does it make for managing stress?

**a** three

**b** five

**c** seven

**B** Read the article again. Choose the correct words to complete the sentences.

**1** The writer says everyday stressful situations are **small / big**.

**2** She suggests we can **always / sometimes** leave a stressful situation.

**3** She suggests **turning off phones / leaving phones in another room**.

**4** We should exercise **regularly / when we're stressed**.

**5** She says that it's **bad / good** to forget the time when doing a hobby.

**6** She suggests **talking / not talking** about our stress.

**7** She says we **always / don't always** need to talk to friends and family.

**8** She believes **different / the same** ideas help different people.