Martin: Hi, Sandra. I haven't seen you for ages. Where have you been hiding?

Sandra: Hi, Martin. Hiding? Nowhere. I've just changed some of my routines. I was feeling so stressed a few months ago that I thought, 'Sandra, you've got to make some changes.' So I did!

Martin: What kind of changes? Exercise? Sleep?

Sandra: Well, where shall I start? I'm eating better. And now you mention it, I'm trying to get seven hours sleep a night, minimum. But the big thing is my attitude.

Martin: And how has that changed?

Sandra: Well, I read an article about stress and it said something like 'Look at the big picture. How important is this problem? Is it going to matter in three months' time?' And I thought, that's right – the problem is, I worry about little things too much. So I'm trying to do my best.

LIVEWORKSHEETS