

### 3 ON THE STREET

- a  5.25 Watch or listen to five people talking about stress. Who do you think is the most / least stressed? Why?



Simon  
English



Anne  
American



Jim  
American




Billy  
American



Sean  
English

- b Watch or listen again. Match the people (**Si**, **A**, **J**, **B**, or **Se**) to something they do to de-stress.

- ☐ focuses on a certain part of their body
- ☐ blocks out a particular sound
- ☐ likes to exercise
- ☐ tries to accept the situation
- ☐ tries not to think about anything

- c  5.26 Watch or listen again and complete the Colloquial English phrases. What do you think they mean?

- 1 "...to just \_\_\_\_\_ the sound of the babies."
- 2 "...relaxing and being \_\_\_\_\_, being happy with what is."
- 3 "I experience very little stress, except those rare periods when I'm \_\_\_\_\_ a deadline."
- 4 "a little stressful trying \_\_\_\_\_, whereas, where I lived before I knew exactly what to do"
- 5 "...and every half an hour \_\_\_\_\_, just if I concentrate on relaxing..."