

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..."