

Read the article below and complete the following table with no more than three words and/or a number from the text for each answer.

Tips on Managing Students' Stress



Stress does not only strike adults but also young people like students as well. Students may experience stress every day. Reasons of stress can be plenty depending upon the individual and the problems they are facing. More common sources of stress for students are school demands, frustrations and peer pressure. There are some tips that students can practise to cope with their stress.

It is important for students to eat a varied and healthy diet. Consume a well-balanced diet which includes plenty of fruits and vegetables. Skipping meals and staying up late night will increase stress. They should also ensure that they get enough rest and sleep. Sleep is the best medicine to increase your productivity. Students should sleep at least 8 to 10 hours a day.

Exercising can also resist stress. By exercising, body will produce endorphins which makes you feel good. Exercise is a great way to reduce stress and improve your overall quality of life.

Students should learn several coping skills such as meditation and relaxation exercise. By practising coping skills, students would be able to cope with stress in a positive way. If a student shows signs of being overly stressed, then talk and share your problems with a professional counsellor or a psychologist. Do not let stress take over you and live a happy life.

Tips On Managing Students' Stress

Identify the group of young people affected by stress:

1. _____

An academic related stress:

2. _____

Stress from fear of being judged or excluded:

3. _____

A strategy to cope stress through dietary choices:

4. _____

A consequence of skipping meals:

5. _____

The best strategy or habit that enhances productivity:

6. _____

The recommended hours of sleep students need for optimal well-being:

7. _____

Working out triggers the production of this chemical in the body:

8. _____

[8 marks]