

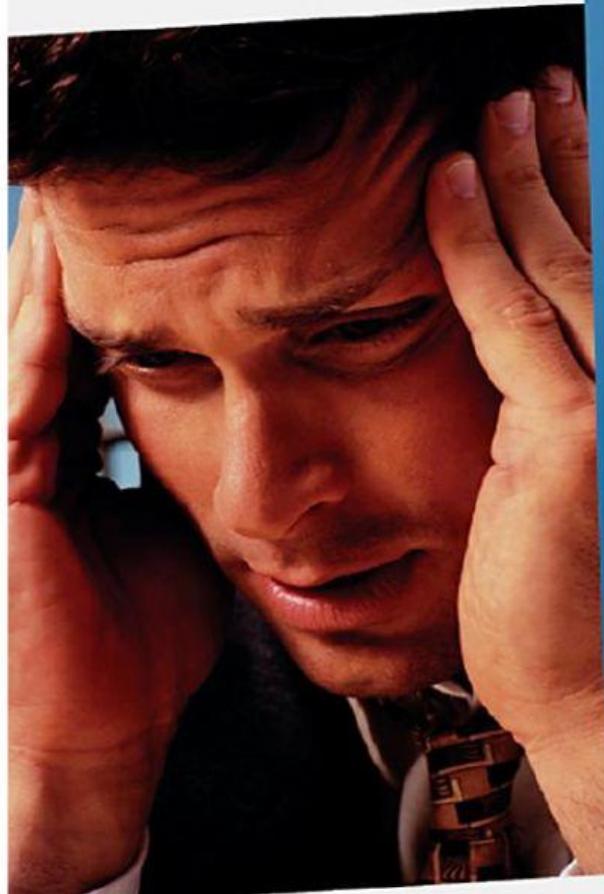


### Reading

Read the information about stress. Match the sentences to the correct gaps

One sentence does not match.

1. Then, when you feel stress handle it properly.
2. You can't avoid some sources of stress.
3. Call a friend and have a nice chat.
4. Finally, have a look at your schedule.
5. Change your attitude.
6. But these activities are harmful.



### Are you STRESSED OUT?

Stress is part of modern life, but the trick in coping with it is to reduce its negative effects. Stress doesn't become a problem when we manage it well. The first step to doing this is to recognise where the stress is in your life. **A**

So, what does stress feel like? Here's a simple test. Ask yourself these questions: Do you always feel that you have a million things going on? Do you think that you are a person with a lot of nervous energy? Do you blame certain situations or other people when you feel frustrated? Your answers will reveal all.

You don't need to put your hand in the fire to know it's hot, right? So stay away from stressful situations. Here's an example: Let's say traffic and shopping make you stressed. Then all you have to do is change your route or means of transport and do your shopping online. Simple, isn't it? In the same way, if you don't like talking about certain topics because they make you feel stressed, then don't get pulled into these kinds of conversations. **B** Decide on which things you can drop from your 'to do' list so you can avoid feeling like you have too much on your plate.

**C** Being positive can take the stress out of many situations. Next time you're stuck in a traffic jam, don't think of it as your worst nightmare. Instead, think of it as a chance to listen to your favourite radio station or plan your evening's activities. It's a simple fact of life that there are some things you can't change. But don't forget, even though you can't control other people's behaviour, you can control how you react to it.

A word of warning to the wise – don't get into bad habits to cope with stress. It may seem like a good idea to relax by eating lots of your favourite foods, spending a lot of time online, lying in bed, or sitting in front of the TV. **D** Over time you will see how too much of a good thing can be bad for you.

So, next time you feel stressed out try something different. Go for a walk and enjoy nature. **E** Better still, do something physical like gardening or working out at the gym. Playing with a pet is also a great way to relax as is reading a book, listening to relaxing music, or watching a funny film. Just keep this in mind – a healthy lifestyle with a varied diet, regular exercise and enough sleep can help you handle anything.

A	B	C	D	E