

## Beating stress

Listen to Emily talking about the importance of managing her stress levels and the techniques she uses.

### Before listening

Do the preparation task first. Then listen to the audio and do the exercises.



### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. ..... an expectation
2. ..... to be crowded into
3. ..... to cope with
4. ..... nourishment
5. ..... to release
6. ..... a commitment
7. ..... a bunch of
8. ..... to resolve

#### Definition

- a. to manage something successfully
- b. food or other things needed to live and grow
- c. a promise to do something
- d. a belief about how things should be
- e. to solve a problem or difficulty
- f. a group of (informal)
- g. to express a feeling you were not showing
- h. to completely fill a space

### Tasks

#### Task 1

Are the sentences true or false?

	<b>Answer</b>	
1. Emily thinks that change is a part of everyday life.	True	False
2. Emily recommends we avoid other people to reduce stress.	True	False
3. If we have too much to do, we should not do as many things in one day.	True	False
4. Emily suggests reducing exercise and eating better foods to reduce stress.	True	False
5. We should play the piano to relax.	True	False
6. Emily suggests trying to be perfect.	True	False
7. Emily recommends not sleeping too much at night.	True	False
8. Emily says that if you smile more, you will feel more positive about things.	True	False

**Task 2**

Complete the sentences with words from the box.

cope	commitments	bunch	crowded
resolve	nourishment	expectations	release

1. We can do many things to ..... with stress.
2. Some families live in ..... flats with little space.
3. It's important to try to ..... disagreements with people because then you can keep the ..... you have made.
4. Having a ..... of friends who can listen to you can help reduce stress.
5. Exercising and eating well will help your body get the ..... it needs.
6. It's also important to have realistic .....
7. You can also ..... stress by not trying to be perfect.

**Discussion**

What do you do to beat stress?