

Get ready

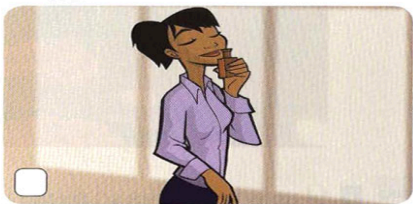
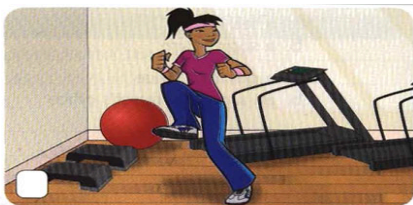
Discuss with your partners:

1. *How do you deal with stress?*
2. *What situations make you feel stressed?*
3. *What things do you get stressed about that you wish you wouldn't?*
4. *What's the most stressful job in your opinion?*
5. *When was the last time you were stressed out? What about?*
6. *Does your family make you stressed?*
7. *Does studying English make you stressed?*
8. *Have you ever helped someone who felt stressed?*
9. *How can stress negatively impact a person's health?*
10. *HOW CAN YOU ELIMINATE (remove) STRESSFUL SITUATION FROM YOUR LIFE?*

Listening task 1: Relax!

A *Listen. Mia is feeling stressed out. What activities does her friend suggest?*

Number the activities from 1 to 5. (There is one extra activity.)



- 1
- 2
- 3
- 4
- 5

B Listen again. Will Mia follow her friend's suggestions? Check (✓) yes or no.

Yes No

- 1.
- 2.
- 3.
- 4.
- 5.

Listening task 2: What's it good for?

A Listen. People are talking about health and relaxation. Where are they?

Underline the correct answers.

- 1 a. a tea shop
b. a sports gym
- 2 a. a doctor's office
b. an aromatherapist's office
- 3 a. a yoga class
b. a massage therapist's office
- 4 a. a sports gym
b. a health food store
- 5 a. a doctor's office
b. a yoga class

B Listen again. Check (✓) the two health benefits for each technique.

	sleep better	feel younger	look younger	have more energy	feel calmer
1					
2					
3					
4					
5					

Listening task 3

Listen. Mark the correct answers.

- 1 The people are
 - a. a doctor and a patient.
 - b. brother and sister.
 - c. two friends.

- 2 The people are
 - a. at a relative's house.
 - b. outside a store.
 - c. at the park.

- 3 Andy exercises because he wants to
 - a. have more energy.
 - b. feel younger.
 - c. look younger.

- 4 Sarah is
 - a. an aromatherapist.
 - b. a student.
 - c. a massage therapist.

- 5 Andy will probably
 - a. never have a massage.
 - b. stop jogging.
 - c. try getting a massage.

Listening task 4

A *Listen. People are talking about ways to relieve stress and other health problems. What activities do they suggest? Mark the correct answers.*

- 1
 - a. meditation
 - b. massage
 - c. yoga

- 2 a. aromatherapy
b. a hot bath
c. herbal tea

- 3 a. massage
b. Yoga
c. exercise

- 4 a. exercise
b. sleep
c. vacation

- 5 a. massage
b. Aromatherapy
c. meditation

B *Listen again. Will the people follow the suggestions? Check (✓) yes or no.*

	Yes	No
1		x
2		
3		
4		
5		