

## Intermediate – Learn to deal with stress

A. One of your classmates, Laura, is behaving a bit strangely. There is a school concert on Saturday, and you are both taking part. You're looking forward to it, but every day she looks more tired and worried. She doesn't seem to want to chat or do anything, and looks like she's about to cry.

**What do you think the problem is? What can you do to help your friend?**

B. You and your friend Marco are on a school trip, but you have lost the group and don't know what to do. You aren't too worried: you've got some money and your mobile phone, so worst-case scenario, you can take a bus home or call your parents for help. Marco is almost never out by himself, he doesn't have a phone with him, and can't remember his home phone number. He's starting to breathe really fast, and he's sweating a lot.

**What do you think the problem is? What can you do to help your friend?**

C. It's the last month of term, and soon exams will start. You are very well organized, but you have recently been really worried. You can't sleep well, and constantly have nightmares about being late for your exams or not passing them. You haven't felt hungry and have started to get red spots on your face.

**What do you think the problem is? What can you do to feel better?**

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### Reflection Point

When you feel stressed or overwhelmed, try to do and think about things that make you happy. Eating well, doing exercise, and getting enough rest are important to keep your stress levels down.