

Class: _____ Name: _____



Unit 9 Stress

* Listen and write.

A (TR 64)

- G** Hey, Tim. What's wrong? You look a bit stressed out.
- B** Hey, Sarah. I forgot to _____ my assignment on time. Again.
- G** Cheer up. Next time, you can turn it in _____.
- B** Yeah. It's a bad habit of _____. I should really try to _____ it.
- G** Hmm, why don't you _____ your calendar when you have an _____ due? It'll help you remember.
- B** That's a good _____.
- G** Actually, I have a bad habit that stresses me out too.
- B** What is it?
- G** I _____ up late using my smartphone, then I feel super tired the _____ day.
- B** How about _____ it _____ at night?
- G** All right. I'll try that tonight.

B (TR 65)

- B** Sally, I learned something _____ today.
- G** Hey, Tom. What is it?
- B** I read online that there's good stress and _____ stress.

- G** Oh? How can stress be _____?
- B** _____ when you were so nervous about _____ in the school play last week?
- G** Oh, yeah. But I _____ enjoyed doing it, getting ready and _____ on the stage.
- B** Exactly. That was good stress. It _____ you _____ hard and feel good about your achievement.
- G** Wow. I get it now.
- B** On the other hand, school exams or _____ with your friends can _____ bad stress.
- G** That's _____ to understand. I _____ having arguments with my friends. It's so stressful.

C (TR 66)

- W** Today, we'll talk about what you do to feel _____ when you're stressed. Will you start, Jim?
- B1** Sure. I read a good book when I'm _____. I can forget about my _____ while I'm reading my favorite novels.
- W** OK. What about you, Olivia?
- G** When I feel stressed, I do breathing _____.
- B1** How do you do that?
- G** I _____ take a deep _____ a few times. It _____ me _____ and concentrate better.
- B2** I exercise too when I'm stressed. But I just _____ around the _____ or play sports.
- G** How does that help, Ted?
- B2** It feels very refreshing _____ a good workout!

W Excellent. _____ are all wonderful _____ to feel better.

D (TR 67)

B For today's _____, I'd like to talk about animals and _____. Just like humans, animals get stressed too. And of course, stress is _____ for them. Playing _____ music, changing their _____, or coming home _____ from school can all stress them out. So, if you have a _____, always check if your pet is happy and relaxed. Well, how do you know if your pets are _____ stress? Look for unusual _____. Some dogs start licking _____ a lot. Some cats may start _____ for a long time. And some birds may _____ more than usual. Remember, animals don't talk. So, always pay attention to your pets' _____!