

MATCH PARTS OF THE STATEMENTS

Match items 1-10 with options A-J.

Reducing stress and anxiety



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| 1. If you're feeling overwhelmed by a stressful situation, try | A. try green tea. |
| 2. Call a friend... | B. into making you happy. |
| 3. Talking calmly to yourself... | C. may help you put things in perspective. |
| 4. Stress levels and a proper diet... | D. taking a break and listening to relaxing classical music. |
| 5. Take deep breaths in order... | E. can be fairly manageable. |
| 6. Laughing tricks your nervous system... | F. is a key cause of stress. |
| 7. Instead of coffee and energy drinks... | G. and share your problems. |
| 8. A short walk around the office... | H. are closely related. |
| 9. Lack of sleep is ... | I. gets your blood moving, offering relief in a stressful situation. |
| 10. Do not forget that stress... | J. to oxygenate your blood and clear your mind. |

Key: 1. D, 2. G, 3. C, 4. H, 5. J, 6. B, 7. A, 8. I, 9. F, 10. E