*TEEN STRESS*

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to have a chance in the job market afterwards. It’s no wonder that many young people worry about letting down their parents, their peers and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people suffer from stress. This can have a negative effect on your mental or physical health.

There are different ways of dealing with stress, some methods are believed to be associated with sleep and a balanced diet. Nevertheless, everyone knows that caffeine, in the form of coffee or soft drinks such as Red Bull or Coca-Cola, keeps you awake and alert. But caffeine is a drug which can become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, because it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

Another way to avoid stress is to manage your time effectively. It is better to do a few tasks really well, than lots of bad tasks badly. Know your limits and try not to take on too much. Finally, if it all gets beyond your control, don't panic or get hysterical. Find the time to sit down quietly and breathe deeply for ten to twenty minutes. Do this regularly, and it will help you calm down and put things into perspective.

**1. make a list of the words you didn’t understand from the text.**

**2. Find synonyms of the following words from the text**

1. **Adolescents**
2. **Friends**
3. **outcome**
4. **Related**
5. **Manage**
6. **Elude**
7. **Boundaries**
8. **Agitated**

**COMPREHENSION QUESTIONS**

**3. Answer These Questions According To The Information Given In The Text**

1. What are the main causes of stress in young people?
2. Describe three ways to overcome stress.

4. **Are These Statements True or False? Justify Your Answers With Words or Phrases From The Text**

1. Nowadays a teenager must have a solid and good education if he wants to find a good job
2. Try not to drink too much coffee if you want to relax.
3. A teenager needs very little sleep every night to keep healthy
4. Teenagers must take on as many tasks as possible regardless of time or personal limitations.

**5. Use of English**

1. **Find** in the text the word that has the **following definition:** "The organ of the body which controls thought and feeling."
2. **Find** in the text one expression meaning **DISAPPOINT**
3. **Give** one synonym for **CHANCE** (line 2).

**Production**

**6. Write a composition.**

After watching today's presentation, what advice would you give a friend on how to avoid stress? (80-100 words)