



19 Stress

1 Which of these things stress you?

- parents school
- boyfriends/girlfriends clothes
- money teachers
- brothers and sisters homework
- world news computers
- the weather mobile phones



2 ¹/₃₅ The Maharishi school in the USA specialises in making sure that its students don't become too stressed. Listen to Lisa and Steven talking about stress in their lives and then choose the correct ending to each sentence.

- 1 Lisa is not stressed ...
 - a) when she is on holiday.
 - b) by much, she thinks she's quite relaxed.
 - c) by exams.
- 2 Lisa is given ...
 - a) a lot of assignments by her school.
 - b) a lot of help with her schoolwork by her brothers and sisters.
 - c) a lot of attention because her parents are there.
- 3 Lisa's mother stresses her because ...
 - a) she doesn't let her go out at weekends.
 - b) she expects her to do well in her exams.
 - c) she worries about her so much.
- 4 All Lisa's brother and sisters ...
 - a) are at university.
 - b) are younger and Lisa has to look after them a lot.
 - c) are very calm.
- 5 Lisa is scared of ...
 - a) the dark.
 - b) speaking in public.
 - c) letting her mother down.
- 6 Steven is starting his exams soon but ...
 - a) he hasn't revised.
 - b) he's on a running team and has a part time job.
 - c) he hasn't worked.
- 7 Steven thinks that the Maharishi School is ...
 - a) too hippy.
 - b) not necessary for kids.
 - c) a good idea.
- 8 Steven thinks that his teachers ...
 - a) only care about their own subject.
 - b) are fantastic.
 - c) dislike him.
- 9 Both Steven and Lisa think ...
 - a) that their classmates would love to go to the Maharishi School.
 - b) that their classmates would hate to go to the Maharishi School.
 - c) that their classmates would be embarrassed to do yoga at school at first.

3 ¹/₃₅ Listen again and complete the tables with words from the recording.

adjective	noun
	ambition
	relaxation
	pride
stress	
	sympathy
	embarrassment

verb	noun
	imagination
	agreement
	trainer
	feeling
	expectation
	studies

4 Think of five adjectives to describe your ideal school and five adjectives to describe your ideal teacher. Show your partner. Choose the best three adjectives for your ideal school and the best three for your ideal teacher. Report back to the class.