



Adult

Choose Health!

Part 1

A. Complete the questionnaire. Use true information.

<https://stressquestionnaire.co>

Stress and Students

It is normal to be worried or stressed about a big project or an important exam. However, a very high level of stress is not healthy. Complete the questionnaire to find out your stress level.

In the days or weeks before an important class project or exam, ...

- I feel unhappy and worried.
a almost always b sometimes c almost never
- I don't want to study.
a almost always b sometimes c almost never
- It is difficult for me to think.
a almost always b sometimes c almost never
- I eat a lot more or a lot less than usual.
a almost always b sometimes c almost never
- I don't sleep well.
a almost always b sometimes c almost never
- I get headaches, stomachaches, or other pains.
a almost always b sometimes c almost never

B. In pairs, look at the key. What did you learn about your stress level?

Key:

Mostly a: You have a high level of stress about exams and class work.
Try to relax and think about other things.

Mostly b: You have some stress. Think of ways to relax in stressful situations.

Mostly c: You have almost no stress. Give some suggestions to friends who have a lot of stress!



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Part 2

A. Read the text and the profiles below. How good do you think each person's habits are for their stress level? Check (✓) good, OK, or bad.

https://studentsstress.co

How Students Can Have Less Stress

Most students sometimes have stress about their classes and schoolwork. It is normal to have some stress about grades, exams, or college. In fact, a little stress is healthy because it can help you try to do your best. But too much stress is bad because it can make you feel tired, worried, or unhappy. When you have a lot of stress, it's difficult to study, work on projects, or write papers.

Fortunately, you can learn habits that will lower your stress about classwork and exams. First, change your study habits. Don't wait until the last minute to write a paper or study for an exam. Do a little work every day. Find a quiet place to study and don't watch TV or check your social media while you are studying. Take short breaks often and do things you enjoy. Second, try to sleep eight hours every night. Third, eat regular meals and don't eat a lot of junk food. Fourth, exercise for at least 30 minutes every day. Fifth, talk to a friend, family member, or teacher about your feelings. It helps to know that someone understands! And finally, be nice to yourself! Think thoughts like, "I'm doing my best." and "This will be over soon."



Rolando: high school student, age 17

Habits for stress level:

good OK bad



Anna: college student, age 19

Habits for stress level:

good OK bad

Study habits	Studies in his bedroom; checks his social media; starts studying for exams the day before and studies all night
Sleep	Goes to bed around midnight; sleeps six hours per night
Meal habits	Never eats breakfast; eats a small lunch at different times in the afternoon; eats dinner with his family at 7:00 p.m.
Favorite foods	pizza, hamburgers, and fries
Free-time activities	Plays video games, sometimes plays soccer with friends

Study habits	Studies in her bedroom; starts studying for exams weeks before and studies two hours every day; gets up early on the day of an exam to review her notes
Sleep	Goes to bed around 11:00 p.m.; sleeps six hours per night
Meal habits	Always eats breakfast; often doesn't have time for lunch; eats dinner at the college cafeteria at 6:30 p.m.
Favorite foods	fish, baked chicken, salad
Free-time activities	Plays volleyball with friends on weekends, plays tennis almost every day, reads, watches movies



college
review
soccer
on weekends
movies



university
revise
football
at weekends
films

B. Work in groups. Compare your answers in activity A. Make suggestions for Rolando and Anna.

A: Rolando should start studying earlier.

B: I agree. And I think he shouldn't study all night.

C: Maybe he can start studying a few weeks before the exam.



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Part 3

A. Read the text. Then complete the notes.

Diet and Stress

We all have some stress in our lives, but many people have very high levels of stress. Getting enough exercise and sleep can help lower stress. A study from the University of California, Los Angeles showed that certain foods can also help. According to the study, vitamin C lowers stress and helps you fight diseases. This important vitamin is in fruits and vegetables like oranges and peppers. The carbohydrates in some fruits and vegetables keep your blood pressure normal and help your brain work better. Magnesium is a mineral in foods like spinach, soybeans, and salmon. Magnesium helps stop headaches and makes you feel less tired. Foods like fish and nuts have important fats. They help your heart and lower stress. Finally, do you love chocolate? Well, dark chocolate is good for you. It lowers stress and helps you think! A good diet can help you feel healthy and have less stress. Keep your body and brain healthy, and it will be easier to study or work!



To lower stress – get enough exercise, sleep, and eat certain (1) _____

Vitamin C – lowers stress and fights (2) _____

Carbohydrates – keep your (3) _____ normal and help your (4) _____ work better

Magnesium – helps stop (5) _____ and makes you feel less (6) _____

Fats in fish and nuts – help your (7) _____ and lower stress

Chocolate – lowers stress and helps you (8) _____

B. Work in groups. Imagine a friend has a lot of stress, always feels tired, and is getting bad grades. Write suggestions to help your friend. Use ideas from this worksheet and your own ideas.

	Suggestions
Study habits	
Sleep habits	
Meals and diet	
Free-time activities	
Other ideas	



Extension

A. Make a plan with suggested changes to lower your stress. Complete the first column of the chart.

	Suggested Changes	How I feel with the changes
Study habits		
Sleep habits		
Meals and diet		
Free-time activities		
Other ideas		

B. For two weeks, make the suggested changes you wrote in Activity A. Then complete the second column of the chart.