

1. Choose the stress symptoms mentioned in the text.

✎ Loss of interest

✎ Sleeping disorder

✎ Increased heart rate

✎ Forgetfulness

✎ Blurred vision

✎ Fatigue

✎ Aches

✎ Dizziness

✎ Poor appetite

✎ Anger

2. Answer the questions according to yourself.

a) What do you do to deal with stress?

.....

b) When does the stress level of teenagers increase? Write three situations.

1.

2.

3.