

1. Complete the table.

3 SYMPTOMS OF STRESS	3 DESTRESSITIZERS
a)	a)
b)	b)
c)	c)

2. Complete the sentences with no more than 3 words.

- a) There are several ways to
- b) Yoga can also reduce stomach problems and

3. Answer the following questions according to the text.

- a) What is stress?
.....
- b) How do techniques of time management help people?
.....
- c) Why does yoga can have a positive effect on the nervous system?
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