

1. Are the statements true (T) or false (F)? Correct the false statements.

- a) Stress-sensitive teenagers may feel worried when there are too many things to do. ☐
- b) Stress-sensitive teenagers are good at making quick decisions. ☐
- c) Stress-sensitive teenagers usually have healthy eating habits. ☐
- d) If you are stress-tolerant, you remain calm even when there are a lot of stress factors in your life. ☐
- e) Stress-tolerant teenagers are usually emotionally unstable. ☐
- f) Knowing who you are is the most significant factor to be healthy and happy in life. ☐