

1. Read the text. Mark each statement as below.

TRUE if the statement agrees with the information.

FALSE if the statement contradicts the information.

NOT GIVEN if there is no information on this.

- a) Sadness and hopelessness are the main causes of anorexia.
- b) Stress affects people's emotions negatively.
- c) We know that stress is different from pressure or tension.
- d) Stress cannot put your mental health at risk.
- e) Many health problems in modern life are caused by stress.

2. Read the text again. Circle the adjectives that can't be used to describe a stressed-out person.

angry

comforted

worried

relaxed

merry

down

hopeless

lively

cheerful

sad