
	INSTITUCIÓN EDUCATIVA LA ESPERANZA	
	ACTIVIDADES DE APOYO	
	SECCIÓN:	
NOMBRE DEL ESTUDIANTE		

Área: **HUMANIDADES** Asignatura: **INGLÉS**

Docente: **GONZALO ESTRADA OLAYA** grado: UNDÉCIMO Fecha: _____

Firma de padres y/o Acudientes: _____ Calificación: ____ Alcanzo: Si__ No __

Stress Management Vocabulary Match Up

Match the words or phrases to their definitions:

- | | |
|------------------------------------|---|
| 1. emotional | A. describes a person who is feeling worried |
| 2. to manage / to cope | B. the way in which you live. |
| 3. stress / anxiety | C. to relieve stress |
| 4. stressed / anxious | D. stressed experienced in negative situations e.g. death of a family member |
| 5. stressful | E. stress experienced in positive situations e.g. marriage, having a baby |
| 6. stressor | F. a stress related illness in which a person limits the amount of food they eat in order to control their weight |
| 7. lifestyle | G. to succeed in doing something difficult, such as dealing with a problem |
| 8. to de-stress/ to blow off steam | H. related to feelings |
| 9. eustress | I. the feeling of being worried |
| 10. distress | J. describes a situation that causes stress |
| 11. techno-stress / technophobia | K. stress caused by technology |
| 12. to prioritise tasks | L. to constantly ask you questions about homework/eating properly etc. |
| 13. peer pressure | M. to put tasks in order of importance |
| 14. to be on your case | N. the feeling of needing to do the same thing as all your friends. |
| 15. comfort food | O. food that you eat when you are feeling stressed or depressed, usually unhealthy food like chocolate |
| 16. deadlines | P. make worse |
| 17. to exacerbate | Q. a date on which you need to submit work |
| 18. anorexia | R. a situation that causes a stress reaction |