



## Unit 11 – Staying fit and healthy

KV zur Differenzierung: Schneiden Sie die Textteile aus und lassen Sie sie von schwächeren Schülerinnen und Schülern in die richtige Reihenfolge bringen.

### ✂ Task 09 – Put the text pieces into the correct order.

#### Tips to change the way you deal with stress



We all have hectic, action-packed lives. With busy school schedules, work and a lot of appointments in your free time, you might show symptoms of stress. Too many obligations, even if they are fun,

can make you feel as if you have lost control over your life. Too much stress can harm you. It's important to have a few routines and strategies ready to deal with stress. The best strategy

is to avoid stress as much as possible, but sometimes you need to cope with it. Everyone experiences stress in different ways, so you have to find ways that work best for yourself. Here are some tips which might be useful:

- Don't let anything or anyone "make" you feel anything – choose the way you handle problems instead of just reacting to them. You can't control

how other people act, but you are responsible for your own actions and reactions.

- Some situations, such as an illness or a traffic jam, are impossible to avoid once they happen. It doesn't mean

that you have to give up in these situations, but it doesn't make it better if you stress yourself out about them.

- All that "hustle and bustle" in our everyday

lives can distract us from taking care of ourselves – take a break and focus on relaxation! Breaks can include breathing exercises, watching your favourite show for 30 minutes or connecting with positive people.

- Sometimes, it helps to

take a look at your current situation from a "big picture" point of view. Ask yourself "how important is this?" and "will this matter in the long run?" Focus on important things.

- If you feel you have too

many things to do and don't know where to start: make a priority list. Do important things first.