

## 5. HEALTH AND SOCIAL ISSUES

### Do this activity to

- practise your listening and reading.
- watch a video to learn how to reduce stress in your daily life.
- learn more about activities which can help you cope better with stress.

### INTRODUCTION

Stress is a fact of life but there are a number of ways we can alter our lifestyle to cope better with stress. Here you will find the best tips on how to change our life and reduce stress.

### INSTRUCTIONS:

1. Open **this document** to answer the questions. Print it out to hand it in or email it to your teacher.
2. Search the **VIDEOJUG website**.
3. Click on **'Play Video'** to watch the Video **'How to Change Your Life And Reduce Stress'**.
4. Click on the **'Text Version'** section on the menu under the video player to help you find the answers to the following questions. You don't need to understand all the words.

### QUESTIONS

1. What does physical exercise release in our brain?
2. Why do they recommend staying fit and healthy?
3. Why is sleep important?
4. Is it good to skip meals in order to release stress?
5. What vitamins help with mental activity, cell repair and fight infection?
6. Can alcohol consumption help reduce our stress levels?
7. Why are 6 cups of coffee dangerous?
8. Does nicotine dependency act as a relaxant and aid for mood control?