Listening to a Podcast About Reducing Stress

B2 · Listening · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. What is the podcast about?
   Choices: reducing stress / finding a job / cooking

   Answer: _____

2. What is the first tip?
   Choices: Do one task at a time. / Work all night. / Avoid friends.

   Answer: _____

3. How long should a short break be?
   Choices: about five minutes / two hours / a whole day

   Answer: _____

4. What does the host ask about at the end?
   Choices: sleep / money / exercise

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. The guest says: Make a ___ and focus on one task.

2. Even five minutes ___ can make a difference.

3. Take short ___ during the day.

4. Small ___ can make a big difference.

3. Your turn.

Write your own answers.

1. List the two tips from the podcast.

3. Your turn. (continued)

2. Which tip would you try? Why?

3. Add one tip of your own.