① ✎ **Vocabulary Work 1:**

Connect the given words with the correct definition. Check with your partner!

pressure	to deal with something difficult
anxious	the act of living
cope with	to get rid of pent up energy
to let off steam	to react too strongly
to over-react	a feeling caused by a stressful situation
survival	to feel nervous

② ✎ **Vocabulary Work 2:**

Complete the sentences with the correct words from the box. The words can be changed, if needed.

1. I was so _____, I felt like I was going to faint!

2. The doctor told me that my blood _____ was too high.

3. Fight or flight situations used to occur when ones physical _____ was in danger.

4. I was so angry after the fight, I took a walk to _____.

5. Susie's favorite plant died and she didn't know how to _____ it.

Englisch