

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 en-
ergy

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.