① 🖒 Vocabulary Work 1:

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

pressure

to deal with something difficult

the act of living

to get rid of pent up energy

to let off steam

to react too strongly

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 physicalv danger.	was in
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.