

1 Put the words in order to make sentences.

- 1 had / up / his / dried / mouth
.....*His mouth had dried up.*.....
- 2 so / clammy / my / feel / hands
.....
- 3 racing / started / her / mind
.....
- 4 sweat / with / pouring / was / I
.....
- 5 it / head / explode / my / to / like / going / feels / is
.....
- 6 soared / pressure / had / blood / his
.....
- 7 heart / pounding / my / was
.....

2 Complete the text with the correct form of the words in the box.

soar dry up pound
pour explode race

Doctor, I don't know what I can do. I'm just not well. I'm anxious and stressed all the time. My heart ¹ *is pounding* as I speak and my blood pressure ² recently. Sometimes, it feels like my head is going to ³ Feel my hands. They're so clammy, Doctor. I find it so difficult to control my thoughts too. My mind starts ⁴ and then I get nervous and the sweat ⁵ out of me and I want to tell someone what's wrong, but my mouth ⁶ and I can't speak and then I just don't know what to do. Can you help me, Doctor?

3 Circle the correct words.

- 1 A: I'm so tired all the time, Ed.
B: You should (do) / make / play some exercise.
You'll feel much better.
- 2 A: Come on, have / do / take a deep breath.
You'll be all right.
B: OK, OK. Leave me be. I just need to sit down.
- 3 A: Please don't be so hard / difficult / heavy on yourself, Mia.
B: I know it's silly. It's just the way I am, though.
- 4 A: What are you doing tonight?
B: Nothing. I'm going to put my feet down / up / off and watch a bit of TV.
- 5 A: What are you doing? You've got far too much on that tray. You're going to drop it.
B: Chill off / down / out Charlie, I know what I'm doing.
- 6 A: You should try not to let things get in / out / on top of you.
B: I'll do my best.
- 7 A: Come on Aidan. It's time to make / take / do a break.
B: All right. I'll stop in five minutes' time.
- 8 A: Now don't overdo / undo / redo it at the gym, all right?
B: Don't worry. I'll go easy.

4 Match the words with the definitions.

- | | |
|--|-------------|
| 1 depression |d..... |
| 2 insomnia | |
| 3 panic attack | |
| 4 stress | |
| 5 self-esteem | |
| a an inability to sleep properly | |
| b respect for yourself | |
| c mental, physical and emotional pressure | |
| d a feeling of intense sadness that can cause someone to withdraw from society | |
| e a sudden and intense feeling of anxiety | |