

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example:

A <u>by</u>	B with	C because	D of
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Stress

Stress is an unpleasant feeling or condition that can be caused 0 _____ something like fear or an unexpected change in one's life. It can be either physical – relating to your body, or 1 _____, which means that it is connected to your mind. Symptoms may 2 _____ dizziness, nausea, shaking hands and many others. So what can we do to reduce its negative impact 3 _____ our lives?

There are different methods of coping 4 _____ this condition. One approach is to 5 _____ the thing, activity or person that causes it. If that doesn't work, consider cutting 6 _____ on coffee and alcohol. Another effective solution is to take a 7 _____ from your regular activities. In case that doesn't help you, you might want to 8 _____ a doctor.

1	A mindful	B intellectual	C thoughtful	D mental
2	A involve	B include	C consist	D contain
3	A in	B for	C of	D on
4	A with	B through	C by	D about
5	A escape	B evade	C avoid	D overlook
6	A down	B out	C off	D away
7	A change	B stop	C break	D variation
8	A meet	B look	C hear	D see

Answers and explanations

1. **D – mental.** The only adjective that is made from the word "mind" and has the meaning of thinking, or relating to thought. Although "mindful" comes from the same word, we can't use it as it means "attentive".
2. **B – include.** The only verb that collocates with "symptoms" here.
3. **D – on.** "On" is the preposition that follows the verb "impact" in this context. It can also be used with "of", but then the agent of the action has to be named: "The impact of rising inflation is especially strong for families that are short on money".
4. **A – with.** "To cope with" means "to deal with, to get over some difficulty".
5. **C – avoid.** It can be difficult to understand the difference between "avoid" and "evade". "Avoid" means "to stay or keep away from something", whereas the other word has the meaning "to dodge, to make something miss you". "Escape" would need "from" preposition to work in this context.
6. **A – down.** "To cut down on something" is to reduce the consumption of something or to stop consuming it altogether.
7. **C – break.** Taking a break means stopping doing what you normally do to have a change of activity. Other verbs do not collocate with "take" well.
8. **D – seeing.** "To see a doctor" means to visit one. Even though "meet" seems to work in that context, "see" is more idiomatically correct.