**1 WORD POWER**

1 WORD POWER A2  Sample answers

I know exactly how you feel you feel. I've had my appendix out. It was scary going into the operating theatre. / I can imagine what that flight must have been like. I've flown through rough weather too. / I know exactly how you must feel. I hate speaking in front of an audience.

1 WORD POWER C  Sample answers

1 Some events which can cause post-traumatic stress disorder: military combat, natural disasters, car accident, near-death experiences or violent personal assaults like rape.
2 When overly stressed people become burnt out, they can develop depression over feelings of not being able to cope.

**2 READING**

2 READING A  Answers

1 frail  2 procedure  
3 random  4 bid  
5 proven

2 READING B2  Sample answers

People were stressed by reading out loud. Then, blood pressure was measured to see if the presence of fish in an aquarium reduced stress. It did.

**3 SPEAKING STRATEGIES: Anticipating questions**

3 SPEAKING STRATEGIES  Answers

1 f  2 c  3 d  4 b  5 a  6 e

**4 IDIOMS**

4 IDIOMS  Answers

1 b  2 d  3 c  4 a  5 f  6 e

1 to lose the plot = to feel stressed or out of control  
2 to pay the price = to suffer the consequences  
3 to compare notes = to check each other's information about something  
4 just what the doctor ordered = exactly the right thing  
5 to let off steam = to express strong feeling, release pent-up emotion  
6 an emotional rollercoaster = lead to very strong swings / variations in feelings / emotions