

Stress is important. We all need a certain amount of it in order to (1) ... fulfilling lives. However, if we have too much of it, it can have the opposite (2) ... . It is therefore a good idea to learn a few stress management techniques. Identifying the (3) ... of the problem we have, so that we can (4) ... it more effectively, is one of the first (5) ... towards reducing stress. The second is talking to a person you can trust, who will listen and, if necessary, (6) ... you some positive advice. Not only are smoking and drinking (7) ... to our health, they actually increase stress (8) ... than reduce it. So, next time you want to relax, instead of (9) ... for that glass of wine or a cigarette, have a warm bath or go for a walk. Walking has more than health benefits, it helps you think more clearly too. On the other hand, laughter is one of the best ways to (10) ... yourself feel considerably better.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (8).

- 1) much      2) rather      3) hardly      4) quite