

# QUIZ

## HOW TO STAY CALM UNDER PRESSURE



Watch the video and match the letters (a to f) with the correct numbers (1 to 6).

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|-----------------------|---|
| 1. brain stem neurons | a) communication with organs              |
| 2. vagus nerve        | b) changing signals received by the brain |
| 3. humming            | c) production of stress hormones          |
| 4. deep, slow breaths | d) aid to focusing                        |
| 5. multi-tasking      | e) regulating heart rate                  |
| 6. process thinking   | f) regular breathing                      |

1.	
2.	
3.	
4.	
5.	

Answers: 1.f-2.a-3.e-4.b-5.c-6.d.