



Read the text about how happiness affects your health. Answer the questions (1-9).

1. _____

When you feel happy or joyful, your brain releases chemicals such as endorphins and serotonin—often called the “happy hormones.” These chemicals boost your mood and trigger changes in brain activity to create (1) _____ and well-being. Positive emotions also help reduce stress and improve overall health. Here is how the science of happiness works.

2. _____

Ever wonder why stress can make you feel so out of balance? It all comes down to hormones.

Cortisol, often called the body’s stress hormone, (2) _____ during these 4 stress responses:

- **Fight:** The body prepares to confront a threat head-on, increasing energy and focus for action.
- **Flight:** You get a surge of cortisol to fuel quick movement and alertness and escape danger.
- **(3)_____:** The body becomes still, conserving energy while assessing the situation for safety.
- **Fawn:** You respond by trying to appease or please others to avoid conflict or harm.

Cortisol is useful in short bursts by regulating blood sugar and blood pressure. But when cortisol levels stay high for too long, it can raise your risk for health problems.

Continuous stress affects nearly all the body’s physical functions. Living with too much stress can lead to: migraines and fatigue, high blood pressure, digestive problems, weakened immune system, increased risk of heart disease and diabetes.

On the flip side, serotonin is your brain’s mood stabilizer. It helps you feel calm, focused and emotionally balanced. Positive well-being can result in: lower blood pressure and heart rate, reduced muscle tension and stress, improved digestion, better sleep.

In addition to these physical effects, higher serotonin can lead to more productivity, stronger social connections and daily self-care.

3. _____

If you have a positive outlook on life, you are (4) _____ to want to keep up healthy routines like eating well and exercising regularly. Accumulating positive emotions is about finding small joys daily while

working toward a life worth living. Happiness isn’t a one-time achievement. It’s something you build over time.

If you have too much cortisol from life stressors, trauma or mental health conditions, your main goal is to survive. And keeping up with self-care may not be on your radar.

Too much cortisol and chronic stress can interfere with serotonin, making you feel tense and less happy. Low levels of serotonin can also lead to depression and anxiety and impact your quality of life.

4. _____

Everyone is wired differently, but it is possible to become happier. Research shows that changing your behaviours and your mindset can help boost happiness and health. Here are eight tips to spark positive emotions in your life:

- I. **Practice stress management and mindfulness.** Reduce stress and clear your mind with breathing techniques and quiet meditation.
- II. **Lean on a support system.** Humans crave connection. Social relationships stimulate emotions and can be instant mood boosters.
- III. **Say thanks.** Take a few moments to be grateful for the good things in your life, no matter how small they seem.
- IV. **Get moving.** Physical activity like walking, dancing, gardening and yoga can ramp up your energy and lift your mood.
- V. **Give yourself a break.** More free time and small breaks can make you happier and increase your productivity.
- VI. **Be generous.** Acts of kindness make others and yourself happy.
- VII. **Smile.** This is when your body sends feel-good chemicals to your brain, and research suggests it can affect your emotions. This is called the facial feedback hypothesis.
- VIII. **Bring on the positive vibes.** Give yourself light-hearted pep talks to keep negative thoughts at bay. Try affirmations like, “You’ve got this!” and “I will find joy in small moments today.”

You can also try eating foods high in tryptophan, a nutrient that the body uses to make serotonin. The following foods can help boost positive emotions: turkey, tofu, tuna, salmon, milk, cheese, eggs, pumpkin seeds, chia seeds, walnuts, cashews.



5. _____

People who have a positive outlook on life and live by their values are more likely to feel confident and manage stress well. This confidence helps them tackle challenges, including health barriers.

For example, having a healthy balance of serotonin and cortisol helps your body stay in good shape. This balance can make recovery from an illness or surgery easier to manage.

6. _____

Happiness means making a life that is worth living. It also means finding joy as you go. This looks different for (5) _____.

Start with small steps. Practice mindfulness, connect with others and celebrate the little wins.

If you are struggling to remove the mental health barriers to your happiness, therapy can help during tough times.

Complete the text with the missing words (1–5).

1.

- A) a sense of calmly
- B) a calmness sense
- C) a sense of calm
- D) a sense calm
- E) a calm sense of

2.

- A) kicks
- B) kicking
- C) doesn't kick
- D) kicks in
- E) has been kicking

3.

- A) Fees
- B) Breeze
- C) Ease
- D) Seize
- E) Freeze

4.

- A) unlikely
- B) like
- C) more likely
- D) liking
- E) much like

5.

- A) everybody's

- B) everyone
- C) everyone
- D) each ones
- E) every one

6. The titles of the paragraphs are missing. Match each paragraph (1-6) with the correct title (a-f).

- a) Elevating Emotional Resilience
- b) Positive and Negative Emotions
- c) 8 Ways to Boost Your Mood
- d) What Happens in Your Body When You're Happy?
- e) Be True to You
- f) Hormones, Happiness and Health

- A) 1f, 2d, 3a, 4c, 5e, 6b
- B) 1f, 2d, 3b, 4a, 5c, 6e
- C) 1d, 2f, 3b, 4c, 5a, 6e
- D) 1e, 2b, 3f, 4c, 5a, 6d
- E) 1a, 2b, 3c, 4d, 5e, 6f

7. Which is true?

- A) When you experience happiness, your brain releases chemicals like cortisol and serotonin.
- B) Feeling positive emotions may help relieve stress and reduce general well-being.
- C) Cortisol is released during stress responses.
- D) Cortisol is your brain's mood stabilizer and is useful in short bursts by regulating blood sugar and blood pressure.
- E) Living with too much stress can lead to reduced muscle tension and stress.

8. Which is false?

- A) Happy hormones reduce stress and improve overall health.
- B) Healthy balance of serotonin and cortisol can make recovery from an illness easier to manage.
- C) Short bursts of cortisol can be helpful because they help regulate blood sugar and blood pressure.
- D) Positive emotions can encourage healthy habits such as exercising regularly and eating well.
- E) Mindfulness and breathing techniques are suggested to increase cortisol levels in the body.

9. Which is true?

- A) Stress management and mindfulness can help boost low levels of cortisol.



- B) Physical activity, smiling and serotonin are behaviours which can help boost happiness and health.
- C) Developing positive emotions means appreciating small daily joys.
- D) Eating turkey, tofu, tuna, salmon, milk, cheese, eggs, pumpkin seeds, breakfast cereals, chia seeds, walnuts, cashews can help boost positive emotions.
- E) High cortisol helps your body stay in good shape.

Choose the correct answer for questions 10-27.

10. The suspects are believed _____ the country last night.

- A) to leave
B) to have been left
C) to have left
D) to be left
E) being left

11. You'd already finished your book when we met, _____ you?

- A) haven't
B) had you not
C) didn't
D) hadn't
E) had

12. Clever people ask better questions, and _____, they get better answers.

- A) as a result
B) however
C) so that
D) because
E) instead

13. _____ never know who _____ enemies are.

- A) He/ his
B) You/your
C) We/our
D) One/one's
E) B and C are correct

14. Did she do it _____ or did you help her?

- A) her
B) herself
C) by her own
D) on her own
E) B and D are correct

15. I remember that when I was in 8th grade there was a bully in my class who _____ on me.

- A) always used to pick
B) had always picked
C) would always pick
D) used always to pick
E) A and C are correct

16. I _____ so hard and for so long, that when I saw that I _____ the exam I was in tears.

- A) had studied / was failing
B) had been studying / had failed
C) studied / failed
D) had been studying / failed
E) had been studying / have failed

17. _____ we take specific actions immediately _____ hope to stop climate change in some way.

- A) Rarely when / can we
B) If only / can we
C) Only if / can we
D) Only / we can
E) If / couldn't we

18. I'm tired because I went to bed late. If I hadn't gone to bed so late, I _____ tired now.

- A) wouldn't have been
B) wouldn't be
C) weren't
D) hadn't been
E) wasn't

19. Choose the correct answer.

If she had gone to the bus stop earlier, she ... late.

- A) wouldn't be
B) wouldn't have been
C) wasn't
D) hasn't been
E) never would be

20. "I will call you tomorrow."

Tom said

- A) he will call me tomorrow
B) he would call me tomorrow
C) he would call me the next day
D) he calls me the next day
E) he had called me tomorrow

21. Which sentence is correct?

- A) We'll must be more careful about what we say in the future.
B) The effects are meant last 10-12 hours.
C) When I was at school, we must wear a uniform.



- D) We needn't do the laundry today; we can leave it for tomorrow.
E) If we don't have to have midnight snacks, why is there a light in the fridge?

22. Which sentence is incorrect?

- A) We heard the neighbours fighting and we called the police.
B) It looks as though it'll stop raining soon.
C) This stew smells wonderfully. Can I have some?
D) It tastes of garlic. I don't really like it.
E) It tastes as if they've forgotten to add any salt or spices.

23. Choose a correct sentence.

- A) 'He doesn't care about us.' 'I think not because he never calls.'
B) There's no point in looking for a guilty party now.
C) The conference starting at 9. Don't be late.
D) Do you think you going to finish cleaning before dad arrives?
E) It's 5 hour's walk to the top of the mountain. Are you sure you want to go?

24. Which sentence is correct?

- A) Some experts say that cow milk isn't healthy for babies and toddlers.
B) Write your name on the page's top.
C) There are two new shoe's shops in our street.
D) Yesterday's party was a total success.
E) The number of road's accidents have increased.

25. Which sentence is incorrect?

- A) It was to pay the mortgage that he sold his new car.
B) The reason why he sold his new car was to pay the mortgage.
C) It's sell his car that he did to pay the mortgage.
D) What he did was sell his car to pay the mortgage.
E) All sentences are correct.

26. I have no interest ____ local architecture, but I asked the guide for information ____ the building.

- A) in/on
B) for/for
C) at/in
D) in/for
E) at/about

27. Choose the correct answer.

If you attach a file to your email, it is polite to write _____ in the message.

- A) Please find the attachment.
B) Find the attach please.
C) Please see the attached file.
D) A and C are correct.
E) B and C are correct.

Read the text and answer the questions 28-33.

It seems like the whole world has seen the gripping psychological crime series *Adolescence*, a haunting story about a murder and the repercussions of young rage. The actor at the centre of the story is Owen Cooper. *Adolescence* was Cooper's first ever professional acting job.

In the show Cooper plays the shadowy and ominous 13-year-old Jamie, a suspect in the grisly killing of his classmate, Katie. Each episode of *Adolescence* was filmed in a single take, meaning the acting experience was more like a stage play than a TV series, (1) _____.

Cooper, who is still in school, has remained remarkably cool and collected even in the centre of the pop cultural storm. Here, Emmy-nominee Cooper talks about the process of becoming Jamie.

The first time stepping on to the *Adolescence* set being the first-time stepping foot on any set - what does that feel like?

Owen Cooper: It was loads of emotions. It's like walking off a plane on holiday and feeling the warm air getting to you. I was so nervous, but there was joy. I couldn't wait to get on set every day.

How did you get into acting?

To be honest, I don't know. It was the day when I woke up and it just clicked in me that I wanted to start doing it. (2) _____.

I asked my mom and dad if I could start going to drama classes, and I think they were a bit shocked by it because I've always wanted to become a footballer.

How was the process of learning to leave the emotions and mentality of such a fraught character like Jamie on set? Is that tricky?

As soon as they shout "Cut," I'm back to myself. I think the lack of experience on a film set contributed to that. But I'm glad that it was easy, because I feel like I would've had some problems if Jamie came home with me.



How do you learn 40 pages of dialogue? Each episode was all filmed in one shot, so you didn't have the opportunity to check the script between scenes.

It was because I was so scared of not learning it. I was doing it for about four hours a day, just constantly learning it. I probably did it too much, because if I was to watch it now — which I haven't, because I hate watching myself — I'd be able to reel off lines, it just stuck in my mind.

Wait - you haven't watched the show?

No. Being there is better than watching it on a screen. I just hate watching myself. It cringes me out. I was there. I was part of it, so, in a way, watching it doesn't really matter. I've experienced it.

What has this project taught you, Owen, about what you want to do with your career?

That I'd do this happily for the rest of my life. I think Adolescence was the perfect start for me. I think I did get very lucky to be a part of it. I just wanted to grab the opportunity with both hands. I went there just wanting to learn. Wanting to do the job, really. And I'll take that into every other job that I'll ever, ever do.

28. What is the genre of this text?

- A) a biography
- B) a short story
- C) an advertisement
- D) an interview
- E) an essay

29. What do you call the person who answers the questions?

- A) interviewee
- B) interviewer
- C) biographer
- D) Jamie
- E) narrator

30. Choose the correct answer for gap 1 in the text.

- A) so the actors could pause often to discuss their performance
- B) which allowed the actors to repeat their scenes many times
- C) without breaks between shots for the actors to collect themselves and review their lines.
- D) and the actors could take long breaks between scenes

E) which meant the actors could rely on multiple takes to improve their performance

31. Choose the correct answer for gap 2 in the text.

- A) It was a bit out of the blue, really.
- B) Everyone in my family expected it.
- C) My parents had suggested it to me before.
- D) It had been my dream since I was a child.
- E) A and B are correct.

32. Which is true?

- A) Owen Cooper had acted in several professional TV shows before appearing in Adolescence.
- B) Owen Cooper says that playing Jamie sometimes affected him even after filming ended.
- C) Cooper memorised the script quickly because he hated watching himself.
- D) Cooper memorised the script quickly because it just stuck in his mind.
- E) The filming style of Adolescence required actors to perform scenes without stopping to check the script.

33. Which is false?

- A) Adolescence is a psychological crime series about a murder and the effects of young anger.
- B) Cooper says he would be happy to continue acting for the rest of his life.
- C) His parents were surprised when he asked to attend drama classes.
- D) Cooper says that stepping onto the set for the first time felt both exciting and nerve-racking.
- E) He joined the project because he wanted to become famous quickly.

34. Match the phrasal verbs with their definitions.

1. We **looked after** Ben's house while he was on holiday.
2. We are all **looking forward to** the opening game of the season.
3. The authorities promised **to look into** the claims of corruption.
4. I **looked over** your essay and can suggest some improvements.

- a) expect something pleasant to happen
- b) take care of
- c) inspect quickly
- d) investigate

A) 1a, 2b, 3c, 4d

B) 1b, 2a, 3d, 4c



- C) 1b, 2d, 3a, 4c
- D) 1a, 2d, 3c, 4b
- E) 1c, 2a, 3b, 4d

Read the text and answer the questions 35-40.

In Britain, children can have a part time job when they are 13. Lots of teenagers work in the evenings or at weekends as shop assistants, or in restaurants and fast food places. Others deliver newspapers before they go to school in the morning. Girls often find work as babysitters. In one school near London, 60% of students said that they had part time jobs. But why do they work? Most say they want the money to buy clothes and mobile applications. They don't need the money for their families.

But part time jobs are often hard, and not very exciting. Most part timers don't get much money – perhaps two or three pounds an hour, if they're lucky. Of course, there are positive things for teenagers who do part-time jobs. They get important work experience and learn many things about the world. But the biggest problem is tiredness. Students who work in the evening in a supermarket or a restaurant feel tired at school the next morning, and you can't study well when you are tired.

35. Are sentences true (T) or false (F)?

1. You can get a part time job in Britain when you're 13. 2. Lots of teenagers work in shops before going to school in the morning. 3. In one school near London 60 students had part-time jobs. 4. They work because they want to buy clothes and mobile applications.

- A) T/F/F/F
- B) T/F/F/T
- C) F/T/F/T
- D) F/F/T/T
- E) T/T/T/F

36. Are sentences true (T) or false (F)?

5. They don't usually work because their families need the money. 6. Teenagers don't learn a lot when they do a part-time job. 7. Some students work in the evening. 8. The biggest problem is money.

- A) F/F/T/T
- B) F/T/F/T
- C) T/T/T/F
- D) F/F/F/T
- E) T/F/T/F

37. To have a part time job means

- A) to be 13 years old
- B) to work less than usual or full time
- C) to have a standard job
- D) to be retired
- E) to work in fast food places

38. Which is true?

- A) Girls often find work as nurses.
- B) Girls are lazy.
- C) Girls' work is very exciting.
- D) Part timers have big problems with tiredness.
- E) Students never work in the evenings.

39. Which is not a synonym for a problem?

- A) a trouble
- B) a solution
- C) a dilemma
- D) an enigma
- E) a puzzle

40. The article is about teenagers'

- A) rights
- B) opportunities
- C) talents
- D) special skills
- E) A and B are correct