

STRESS

CAE open cloze

Stress **(0)** often called a 21st century illness but it has always been with us if perhaps with different names. These days we regard stress **(1)** a necessary evil of modern living. Yet stress is not negative and without **(2)** we would not enjoy some of the highpoints in life **(3)** as the anticipation before a date or the tension leading up to an important match. All these situations produce stress but **(4)** you can control it and not the other way around, you will feel stimulated, not worn out. However, unlike these situations, **(5)** are generally positive and easier to deal with, sitting in a train that is running late, **(6)** stuck in a traffic jam or working to a tight deadline are much harder to manage and control and can be a significant cause of stress. Stress is now recognised as a medical problem and as a significant factor **(7)** causing coronary heart disease, high blood pressure and a high cholesterol count. Patients are often unwilling to admit to stress problems since they feel they are a form of social failure and it is important that symptoms **(8)** identified in order to avoid unnecessary suffering.