

Read the magazine article. Listen and read again.



CDL Track 79

# STRESS:

## What You Ought to Know



### What is stress?

Stress is our reaction to changing events in our lives. The reactions can be mental – what we think or feel about the changes – and physical – how our body reacts to the changes.

### What causes stress?

Stress often comes when there are too many changes in our lives. The changes can be positive, like having a baby or getting a better job, or they can be negative, such as an illness or a divorce. Some stress is healthy. It motivates us to push forward. But too much stress over time can make us sick.

### What are the signs of stress?

There are both physical and emotional signs of stress. Physical signs may include tight muscles, elevated blood pressure, grinding your teeth, trouble sleeping, an upset stomach, and back pain. Common emotional symptoms are anxiety, nervousness, depression, trouble concentrating, and nightmares.

### How can you manage stress?

To prevent stress, you should eat right and exercise regularly. When you know there will be a stressful event in your day – such as a test, a business meeting, or an encounter with someone you don't get along with – it is really important to eat a healthy breakfast and to limit coffee and sugar.

When you find yourself in a stressful situation, stay calm. Take a few deep breaths to help you relax. Roll your shoulders or stretch to loosen any tight muscles. And take time to think before you speak. You don't want to say something you will regret later!

We all have some stress in our lives. It's important for us to use strategies for handling it, so that the stress doesn't overwhelm us.

## 3 After you read

**A Check** your understanding.

1. In the third paragraph, find the word *symptoms* and underline it. What other word do you find in the paragraph that is a synonym for *symptom*?
2. What examples does the author give of both positive and negative experiences that can cause stress?

3. According to the article, there can be physical and emotional reactions to stress. What examples does the article give?
  
4. The article says that some stress can be healthy. What example does it give to support that statement?
  
5. The article says that an encounter with someone you don't get along with can be stressful. What advice in the fifth paragraph may help you?
  
6. If you eat healthy and exercise regularly, can you expect that you will never have problems with stress? Cite evidence from the article to support your answer.

**B Build** your vocabulary.

1. English uses suffixes to change the part of speech of a word. Underline words in the reading that end with the suffixes in the left column.
2. Complete the chart. Use a dictionary if necessary.

| Suffix | Example          | Part of speech | Main word     | Part of speech |
|--------|------------------|----------------|---------------|----------------|
| -ful   | <i>stressful</i> | <i>adj</i>     | <i>stress</i> | <i>noun</i>    |
| -en    |                  |                |               |                |
| -ly    |                  |                |               |                |
| -ness  |                  |                |               |                |
| -ion   |                  |                |               |                |