

A

The number of stress-related **disability** claims by American employees has **doubled** according to the Employee Assistance Professionals Association in Arlington, Virginia. Seventy-five to ninety percent of physician visits are related to stress and, according to the American Institute of Stress, the cost to industry has been estimated at \$200 billion-\$300 billion a year.

B

It is clear that problems caused by stress have become a major concern to both employers and employees. Symptoms of stress are **manifested** both physiologically and psychologically. Persistent stress can **result in cardiovascular disease**, a weaker **immune system**, and frequent headaches, stiff muscles, or backache. It can also result in poor coping skills, **irritability**, jumpiness, insecurity, exhaustion, and difficulty concentrating. Stress may also perpetuate or lead to **binge** eating, smoking, and alcohol consumption.

- i. The causes of stress among employers and employees
- ii. The increase in work-related stress
- iii. The increase in visits to physicians
- iv. Stress has wide-ranging effects on the body and on behavior

Choose the best heading for paragraphs A and B from the list.

1. Paragraph A – Your answer:
2. Paragraph B – Your answer:

Hoàn thành bảng từ vựng sau:

Sort elements

disability double manifest something result in something
cardiovascular disease immune system irritability binge

dẫn đến	
suy nhược	
bệnh tim	
tăng gấp đôi	
với lượng quá nhiều trong thời gian ngắn	
hệ thống miễn dịch	
tình trạng cáu gắt	
biểu hiện	