Negative people might make us age more quickly

From supportive friendships to toxic colleagues, our relationships can shape our stress levels more than our jobs, finances, or even our diet and health habits. A new study suggests that who we surround ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA conducted a study on how the people around us can impact the stress in our lives. The researchers focused on the effect people called "hasslers" had on us. A hassler is an annoying individual who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers is associated with accelerated biological aging...and how much wear and tear [people] have on their body".

The study is published in the journal PNAS. Researchers questioned participants about the difficult relationships in their lives to identify hasslers. Dr Perry found around one third of the participants had at least one hassler in their social network. She said about 10 per cent had at least two hasslers. She suggested that each additional hassler was associated with a 1.5 per cent faster pace of aging. Perry added: "It can actually take days for that stress response to drop and for your body to go back to normal." She highlighted the adverse effects of accumulated stress from hasslers, saying: "When you experience that chronically, over and over again, it has this long-term effect on the body."

- **Match the synonyms.**

1.	supportive	**a.**	harmful
2.	toxic	**b.**	damage
3.	conducted	**c.**	inconvenience
4.	hassle	**d.**	poisonous
5.	wear and tear	**e.**	recognize
6.	identify	**f.**	persistently
7.	pace	**g.**	helpful
8.	adverse	**h.**	heaped up
9.	accumulated	**i.**	speed
10.	chronically	**j.**	carried out

LIVEWORKSHEETS

- **Match each verb or phrase (1–6) with the correct completion (a–f) to make a collocation from the article.**

Verb / phrase	Completion
1. conduct …….	**a.** to normal
2. accumulate …….	**b.** a study
3. accelerate …….	**c.** tear
4. drop back …….	**d.** on someone
5. have an impact …….	**e.** stress
6. wear and …….	**f.** biological aging

- **Use the collocations above to complete the sentences below. You may need to change the form of the verb.**

1. The university team decided to _____ on the effects of stress on sleep.

2. Each new hassler in your life can _____ the process of biological ageing.

3. After an argument, it can take days for your stress levels to _____.

4. Living with constant pressure can cause serious _____ on the body over time.

5. Difficult relationships can _____ your health in ways you might not even notice.

6. When stress builds up day after day, you begin to _____ tension with no chance to recover.

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