

## UNIT 1 VOCABULARY LISTENING

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

1. Listen to the audio. Fill in the blanks with the words in the listening.

Insomnia: Stress keeps people \_\_\_\_\_ at night. Some people worry about their \_\_\_\_\_, while others are concerned about family issues or health problems.

Eating disorders: Thousands of people react to stress by feeding an eating pattern that typically reaches for \_\_\_\_\_ or carbohydrate-laden foods for a quick \_\_\_\_\_ rush.

Depression: Stress can make people feel chronically \_\_\_\_\_, have trouble thinking clearly, feel a \_\_\_\_\_ or unloved, and or struggle with guilt or shame.

Anxiety and panic attacks: People may experience high levels of stress that can manifest in \_\_\_\_\_ and \_\_\_\_\_, seemingly for an unknown cause.

Circulatory problems: Stress can make your body's \_\_\_\_\_ tighten up, which reduces blood flow throughout the body and produces blood clots, poor \_\_\_\_\_, or even strokes.

\_\_\_\_\_ : It can be caused by stress, which can send sugar levels skyrocketing or plummeting.

Heart problems: Stress can make anyone's heart \_\_\_\_\_ palpitate wildly and increase their \_\_\_\_\_ rate as well as blood pressure and even raise their blood cholesterol.

Cancer: Since stress is known to depress the body's immune system, newer treatments for cancer patients, include \_\_\_\_\_, therapy, \_\_\_\_\_ therapy and even \_\_\_\_\_ therapy.

\_\_\_\_\_ and viruses: People who are stressed often have immune systems that are not functioning properly. Consequently, they can get \_\_\_\_\_ faster.