

Fill in the blanks with words from the list

immune

protects

fast

negative

mind

The effects of stress

Stress isn't only something , but it can have many good things for the body and Stress also keeps us healthy. Scientists said that stress is good for the system.

It you from infection better. Stress helps us react to danger. If you see a car coming too , you act quickly.

On the other hand, stress can cause difficulties in breathing . Stress is harmful to our bodies and minds.