PAIRS: In the spoonerisms below, the underlined words have switched beginning sounds. Decide what the speaker intended to say and write it in the blank. You may need to adjust spelling. (You can check your answers on page 126.)

1. snovel the show shovel the snow
2. It crawls through the fax. _____
3. I was chipping the flannels on the TV. _____
4. fighting a liar _____
5. a blushing crow _____
6. drain bamage _____
7. chilled grease _____
8. teepy slime _____

EXERCISE 5: Types of Stress

A | *Listen. Complete the sentences with the words you hear.*

1. *Acute stress* is short-term, or temporary stress. It is defined as the "fight or _____" _____ to an immediate _____.
2. People with episodic acute stress are stressed so _____ that their lives always seem to be in _____.
3. Ongoing _____ situations _____ chronic _____. The "fight or flight" response must be suppressed.

EXERCISE 6: Stress Studies

Stress and its effects have been studied a great deal because they're so much a part of modern life. They've been linked to problems ranging from high blood pressure to obesity to suicide.

A | *PAIRS: Read and discuss the statements. Write* **T** *(True) or* **F** *(False) next to each statement. (You can check your answers on page 126).*

____ 1. Adolescent boys and girls experience equal amounts of stress.

____ 2. Stress is more likely to result in depression in boys than in girls.

____ 3. These are both examples of situations that result in acute stress:

(a) narrowly escaping being hit by a car as you cross the street

(b) ongoing problems in your relationship with your spouse

____ 4. Persistent financial worries and pressure at work are examples of situations that cause chronic stress.

____ 5. Virtually every system and organ in the human body is involved in the response to a

____ 6. The effects of stress are negative.

____ 7. Older people have higher levels of stress hormones than younger people.

____ 8. Women are more vulnerable to the effects of stress than men.

LIVEWORKSHEETS