

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

Which of the following is not a common problem caused by stress?

- A. physical problems   B. anecdotal problems   C. mental problems   D. emotional problems

According to the essay, which of the following parts of the body does not have physical problems caused by stress.

- A. the arms   B. the stomach   C. the lungs   D. the heart

What does it mean to 'stop the world'?

- A. stop talking to people   B. leave your job   C. stop doing what you are doing   D. rest

How severe is stress?

- A. it's a mental illness   B. it can result in mental illness   C. it only affects the body  
D. it's untreatable

Which of these statements are true? (you can pick more than one)

- A. stress makes us irrational   B. stress can be reduced or even eliminated  
C. stress is not considered a problem   D. stress is the most common cause of health problems