

Example: 0 to 0

## Enjoy the benefits of stress!

Are you looking forward to another busy week? You should be according (0) .... some experts. They argue that the stress encountered in (16) .... daily lives is not only good for us, but essential to survival. They say that the response to stress, which creates a chemical called adrenalin, helps the mind and body to act quickly (17) .... emergencies. Animals and human beings use it to meet the hostile conditions (18) .... exist on the planet.

Whilst nobody denies the pressures of everyday life, what is surprising is that we are yet to develop successful ways of dealing with them. (19) .... the experts consider the current strategies to (20) .... inadequate and often dangerous. They believe that (21) .... of trying to manage our response to stress with drugs or relaxation techniques, we must exploit it. Apparently, research shows that people (22) .... create conditions of stress for (23) .... by doing exciting and risky sports or looking for challenges, cope much better with life's problems. Activities of this type (24) .... been shown to create a lot of emotion; people may actually cry or feel extremely uncomfortable. But there is a point (25) .... which they realise they have succeeded and know that it was a positive experience. This is because we learn through challenge and difficulty. That's (26) .... we get our wisdom. Few of (27) ...., unfortunately, understand (28) .... fact. For example, many people believe they suffer from stress at work, and take time off (29) .... a result. Yet it has been found in some companies that by far (30) .... healthiest people are those with the most responsibility. So next time you're in a stressful situation, just remember that it will be a positive learning experience and could also benefit your health!