Read the text and think of the word which best fits each gap.

ENJOY THE BENEFITS OF STRESS!



Are you looking **(1)** _____ to another busy week? You should be according **(2)** _____ some experts. They argue that the stress encountered **(3)** _____ our daily lives is not only good for us, **(4)** _____ essential to survival. They say that the response to stress, **(5)** _____ creates a chemical called adrenalin, helps the mind and body to act quickly during emergencies. Animals and human beings use it to meet the hostile conditions which exist **(6)** _____ the planet.

Whilst nobody denies the pressures **(7)** _____ everyday life, **(8)** _____ is surprising is that we are yet to develop successful ways of dealing **(9)** _____ them. Even the experts consider the current strategies to **(10)** _____ inadequate and often dangerous. They believe that **(11)** _____ of trying to manage our response **(12)** _____ stress with drugs or relaxation techniques, we must exploit **(13)** _____. Apparently, research shows that people who create conditions of stress for **(14)** _____ by doing exciting and risky sports or looking **(15)** _____ challenges, cope much better **(16)** _____ life's problems. Activities of this type **(17)** _____ been shown to create a **(18)** _____ of emotion; people may actually cry or feel extremely uncomfortable. But **(19)** _____ is a point **(20)** _____ which they realise they have succeeded and know that it was a positive experience. This is because we learn **(21)** _____ challenge and difficulty. That is **(22)** _____ we get our wisdom. Few of **(23)** _____, unfortunately, understand this fact. **(24)** _____ example, many people believe they suffer **(25)** _____ stress at work, and take time **(26)** _____ as a result. Yet it has **(27)** _____ found in some companies that **(28)** _____ far the healthiest people are those with the **(29)** _____ responsibility. So next time you are in a stressful situation, **(30)** _____ remember that it will be a positive learning experience and could also benefit your health.

Adapted from: *Cambridge Certificate in Advanced English 6*

LIVEWORKSHEETS