

## WRITING

When we write a report, we divide the report into different sections. Then we introduce each section and support what we write with examples. The following phrases are useful when we give examples to introduce our ideas:

additionally

another type/way

to begin with

the final type/way

- 1 **Read the model.** Work in pairs to match a title to the different sections of the report. Then, underline the words that introduce the ideas in each section.

- |                        |                 |                        |
|------------------------|-----------------|------------------------|
| 1. Effects on our body | 2. Introduction | 3. Effects on our mind |
| 4. Conclusion          | 5. Heading      | 6. One type of stress  |

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### The Effects of Stress

\_\_\_\_ When people hear the word stress, they usually think of something negative. However, this report shows that stress can have several benefits for the body and mind.

\_\_\_\_ To begin with, there is the type of stress people feel when there is something important to do. For example, some students are stressed before a big test. The stress might make them feel nervous, but it also makes them feel focused. This type of stress can help people work efficiently to meet their goals.

\_\_\_\_ Another way stress benefits us is by keeping us healthy. Scientists who study stress learnt that a little stress strengthens the immune system. When your body learns to respond to some stress, it's able to protect you from infection better.

\_\_\_\_ The final way that stress benefits us is by helping us react to danger. If you see a car coming around the corner too fast, you might experience stress. This stress sends a message to warn your brain of danger, allowing your body to respond quickly. Without the stress, you may not be able to jump out of the car's way soon enough.

\_\_\_\_ Too much stress is harmful to our bodies and minds. But the right amount of stress makes us more efficient, healthier and safer.

- 2 **Work in pairs.** What are the three benefits of stress mentioned in the report?

- 3 **Write.** Write a report in 110–130 words about the negative effects of stress. Give examples.

