HOW STRESS AFFECTS THE BODY

1. Read and listen to the words and phrases from the lecture. guess the meaning of each word or phrase. Then write each one next to its definition.

a. Most people get headaches from time to time, but if you suffer from **chronic** headaches, you should probably see a doctor. It is not normal to have a headache every day.

b. Having a baby is stressful both emotionally and physically. Fortunately, there is a **mechanism** in women's bodies to help them deal with the stress. After the baby is born, the mother's brain **releases** a hormone called oxytocin. Oxytocin **strengthens** the new mother's emotional connection to her baby so that she will be more likely to keep the baby safe.

c. Firefighters have stressful jobs. They have to face danger and remain calm. They must learn to control their emotions in a **crisis**.

d. If you eat too much and never walk anywhere or exercise your **muscles**, your body will **inevitably** become weak and you will gain weight. There is no other possibility.

e. Research has **revealed** that stress can **be associated with** serious health problems. For example, people under a lot of stress are more likely to have higher blood pressure and more heart attacks than people with less stress. Stress can also cause depression. To **enhance** your quality of life, you should learn healthy ways to manage stress.

1. _____ (n) a system with a specific purpose or way of doing something
2. _____ (adv) unavoidably
3. _____ (v phrase) be closely connected to
4. _____ (v) puts or sends out (into the body)
5. _____ (v) makes stronger
6. _____ (v) uncovered; shown
7. _____ (v) improve; add to
8. _____ (n) an emergency
9. _____ (n) tissues connected to the bones that make the body move
10. _____ (adj) continuing for a long time

LIVEWORKSHEETS