

**Read the text and choose the correct answer:**

### Fun? It'll Cost Ya

By James Brennan James

Brennan was a columnist for The Michigan Daily, the University of Michigan's student newspaper, and a student at the University of Michigan when he wrote this article. It was published in The Michigan Daily on April 7, 2013.

A) Oh, finals week. With it comes crowded libraries, sleep-deprived kids, and those therapeutic dogs we pet to relieve stress. As always, Counseling and Psychological Services (CAPS) and the University will be in full force trying to help balance our stress, even bringing out massage chairs for us. While there's a large focus on resources to relieve our stress, no one seems to be asking about the negative effects of getting stressed out in the first place.

B) I think it goes without saying that stress is a major detriment to one's health. Physically, it can contribute to heart problems, headaches, and high blood pressure, among other issues. Even worse are the effects of stress on mental health, which can contribute to anxiety and depression. In fact, lifelong mental illness is considered to be largely **contingent** on high levels of stress in a person's life.

C) In October, The New York Times published a profile of a small island in Greece called Ikaria, famous for its residents' excellent health and long lives. The article attempts to explain exactly what it is about Ikaria that is so good for human health by looking into the average Ikarian's lifestyle. According to the article, people in the Greek islands typically eat a Mediterranean diet with lots of organic vegetables, olive oil, and honey, and very little dairy or meat; sleep over eight hours every night, and walk essentially everywhere. Furthermore, they spend much of their day outdoors, and avoid white flour and refined sugar.

D) The people of Ikaria live very simply, with few cares, worries, or sources of stress. In almost all aspects, students at a school like Michigan have a lifestyle that is completely at odds with the interest of their long-term health.

E) Many of us eat food that's simply terrible for us, sleep only a few hours most nights, spend a great deal of our time being stressed about the future. We can exercise, pet dogs, and talk to people at CAPS during finals week all we want, but our long-term health problems won't just go away. The food will still poison our bodies and the stress will still eat away at our mental health.

F) In some instances, we make choices that sacrifice our health for our enjoyment. If someone was willing to give up a few years of their life to be able to eat whatever they want, then that's fine. We all make trade-offs—as comedian Bill Maher is fond of saying, "Fun costs ya'." However, that doesn't mean we should just do what we want all the time. Good health is an undervalued commodity and something we believe comes from doctors and medication. The best medicine isn't something a doctor and pharmacist doles out—the best medicine is self-prescribed, and it certainly doesn't require good insurance.

1- According to the author \_\_\_\_\_

- a- people are well aware of the implications of stress.
- b- most people neglect effects of stress.
- c- nobody shares information about the reasons of their stress.

2- The sentence "lifelong mental illness is considered to be largely **contingent** on high levels of stress in a person's life" means that \_\_\_\_\_

- a- physical ailments are caused by stress.
- b- mental health depends on stress.
- c- mental problems are closely related to stress.

3- Paragraph B discusses \_\_\_\_\_

- a- heart problems.
- b- physical and mental health problems of stress.
- c- depression and anxiety

4- The Mediterranean diet is mentioned in the text as an example of \_\_\_\_\_

- a- an unhealthy diet used in some countries
- b- a diet used by rich Ikarian people.
- c- a diet that can help you have a longer life.

5- The Mediterranean diet basically depends on \_\_\_\_\_

- a- olive oil and honey.
- b- meat and milk.
- c- white flour and sugar.

6- The lifestyle of students of Michigan can be described as \_\_\_\_\_

- a- very active
- b- well balanced
- c- harmful for their health.

7- The writer believes that CAPS are \_\_\_\_\_

- a- very useful to eliminate our stress and fears.
- b- not useful if we suffer from stress and bad food.
- c- only useful if we exercise.