

READING II

Part 1

Read the passage and then answer the questions which follow

People all over the world suffer from stress – it is not just people in the developed countries nor is it a modern phenomenon. The causes can vary, but are most likely to come from pressures at school, work and in the home. So, what can be done?

First of all, do not fight it. Make stress work for you by recognizing it. We can't change stress at work or in the home, only how we react to it. When we choose to make stress work for us, it's called becoming resilient. Resilience is what happens as a result of coping well, and it means taking risks, learning to live with uncertainty, and solving problems creatively. Making stress work for you and becoming resilient takes practice. Like babies learning to walk, there will be difficulties. The resilient are not perfectionists who think and talk about how things should be. Resilient people are those who take action, solve problems, and make time to relax. When you feel stressed, stop what you are doing and breathe deeply, relax your mind and body. A good night's sleep and exercise are also beneficial, as they help clear your mind and enable you to tackle a problem with a new approach. So next time you feel the tension rising, try to do something different. A short walk and some fresh air may be all you need to get you back to that pre-stress feeling.

1. The passage states that stress

- a) is not common today
- b) is a modern phenomenon.
- c) is suffered globally.
- d) is different today.

2. What does the author seem to think is important?

- a) Regular exercise
- b) Not having stress
- c) accepting the stress
- d) Changing jobs

3. According to the text, when we make stress work for us, we

- a) become cheerful
- b) become perfectionist.
- c) become more active
- d) cut down the stress

4) What does the passage state about becoming resilient?

- a) It might be a slow process
- b) It is how things should be

- c) You need to recover from your stress first.
- d) It helps if you are creative.

5) According to the passage, what are resilient people like? They are

- a) people who can act, deal with the problem and relax.
- b) Unable to relax and need to breathe deeply to relieve the stress.
- c) able to take action but the stress stops them relaxing.
- d) like babies learning to walk and talk

6) What do a good night's sleep and exercise have in common?

- a) People who suffer from stress get neither.
- b) They allows to look at things in a different way.
- c) You get a good strat to the day and feel fitter.
- d) Those who don't suffer stress get both.

7) What advice does the writer give for when you start to feel stressed?

- a) Have a short sleep
- b) Fight it.
- c) Talk about how things should be.
- d) Try going for a walk.

8) Which of the following titles best summarizes the content of the passage?

- a) Deal with stress through creativity.
- b) How to handle stress.
- c) Stress: a modern problem
- d) Stress at work.