

Open Cloze

For questions 1-8, read the text below and type the word which best fits in each space. Use only one word in each space. There is an example below:

(0) is

Stress

Stress (0) **IS** often called a 21st century illness but it has always been with us if perhaps with different names. These days we regard stress (1) a necessary evil of modern living. Yet stress is not negative and without (2) we would not enjoy some of the highpoints in life (3) as the anticipation before a date or the tension leading up to an important match. All these situations produce stress but (4) you can control it and not the other way around, you will feel stimulated, not wornout. However, unlike these situations, (5) are generally positive and easier to deal with, sitting in a train that is running late, (6) stuck in a traffic jam or working to a tight deadline are much harder to manage and control and can be a significant cause of stress.

Stress is now recognised as a medical problem and as a significant factor (7) causing coronary heart disease, high blood pressure and a high cholesterol count. Patients are often unwilling to admit to stress problems since they feel they are a form of social failure and it is important that symptoms (8) identified in order to avoid unnecessary suffering.