

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.