

STRESS

A definition

Stress is the mechanism we use to adapt to changing situations. It has physical and emotional effects on us and can create positive or negative feelings.

Symptoms

Some of the negative physical symptoms commonly associated with stress and anxiety are palpitations, depression, allergies, insomnia, etc.

¿Cuál es el tema principal del texto?

- La depresión
- Los sentimiento negativos
- El stress

Une las siguientes palabras con su significado

Stress	Físicos
Physical	Estrés
Effects	Sentimientos
Feelings	Síntomas
Symptoms	Efectos