Grade 12 Adv. 1,2&3

Name: _____ Date: _____

6 **Identifying compound words** Read the following definitions and find the compound nouns or adjectives in the article. The corresponding paragraph is indicated in parenthesis.

1. not getting enough sleep (A) _____
2. continuing throughout your life (B) _____
3. giving up some things in return for other advantages (F) _____
4. not considered to be very important (F) _____
5. given by yourself (F) _____

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.

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.

LIVEWORKSHEETS