Aii LANGUAGE CENTER
A Mengly J. Quach Education School

Name_____ Date_____

HOMEWORK

A. Watch the video and choose the best answer.

1. **Stress has been shown to affect almost every physiological system we have.**

2. **Stress even affects cells at the molecular level.**

3. **Telomeres, the protective coatings at the end of chromosomes, get frayed.**

4. **The telomeres get worn by stress, mimicking the effects of aging.**

5. **In a world now filled with cell phones and BlackBerrys, instant messaging, and expectations at 24/7, our brains can get a stress signal every time an e-mail comes in.**

6. **Those who don't manage stress, psychologist Christina Maslach discovered, can reach a breaking point.**

ESL Teacher: Mr. Sean Patrick Magallano
Course Book: World Class 2

Level: Level 11c
Unit: 9

LIVEWORKSHEETS