

Fill in the blanks with words from the list

immune

protects

fast

negative

mind

The effects of stress

Stress isn't only something , but it can have many good things for the body and . Stress also keeps us healthy. Scientists said that stress is good for the system.

It you from infection better. Stress helps us react to danger. If you see a car coming too , you act quickly.

On the other hand, stress can cause difficulties in breathing . Stress is harmful to our bodies and minds.