

Read the text and think of the word which best fits each gap.

ENJOY THE BENEFITS OF STRESS!



Are you looking (1) _____ to another busy week? You should be according (2) _____ some experts. They argue that the stress encountered (3) _____ our daily lives is not only good for us, (4) _____ essential to survival. They say that the response to stress, (5) _____ creates a chemical called adrenalin, helps the mind and body to act quickly during emergencies. Animals and human beings use it to meet the hostile conditions which exist (6) _____ the planet.

Whilst nobody denies the pressures (7) _____ everyday life, (8) _____ is surprising is that we are yet to develop successful ways of dealing (9) _____ them. Even the experts consider the current strategies to (10) _____ inadequate and often dangerous. They believe that (11) _____ of trying to manage our response (12) _____ stress with drugs or relaxation techniques, we must exploit (13) _____. Apparently, research shows that people who create conditions of stress for (14) _____ by doing exciting and risky sports or looking (15) _____ challenges, cope much better (16) _____ life's problems. Activities of this type (17) _____ been shown to create a (18) _____ of emotion; people may actually cry or feel extremely uncomfortable. But (19) _____ is a point (20) _____ which they realise they have succeeded and know that it was a positive experience. This is because we learn (21) _____ challenge and difficulty. That is (22) _____ we get our wisdom. Few of (23) _____, unfortunately, understand this fact. (24) _____ example, many people believe they suffer (25) _____ stress at work, and take time (26) _____ as a result. Yet it has (27) _____ found in some companies that (28) _____ far the healthiest people are those with the (29) _____ responsibility. So next time you are in a stressful situation, (30) _____ remember that it will be a positive learning experience and could also benefit your health.

Adapted from: Cambridge Certificate in Advanced English 6