Name: ..... Class: .....

**Unit:1 *Take my advice*** **5- Reading** **Worksheet NO. 6**

## 1-Read the following text , then answer the questions:

### Job stress

In recent years, job stress has become a growing problem. In the U.S., three out of every four people say that their job is stressful. And the United Nations' International Labor Organization has said that work stress has become a global issue. What has caused work to become so stressful in the last 20 years?

One reason that jobs have become more stressful is technology. Computer technology is changing quickly. This means that people constantly have to learn new ways to do their work. Another reason that jobs have become more stressful is that people work more now than they did in the past. They take fewer vacations and work more hours per week.

Stress is bad for your health. It can cause physical problems, like a heart attack, or mental problems, like depression. So, what can you do to avoid job stress? You should talk to your boss when you feel that you have too much work to handle. And, you should make sure that you have enough time in your schedule for relaxing, fun activities that are not related to work.

## 1- Answer the following questions:

1-why have jobs become stressful?

.....

2-What problems can stress cause?

.....

3- Has work stress become a global issue?

.....

## 2- Put true ( T ) or false ( F ) :

1- Job stress is only a problem in the United States. ( )

2- Changing technology is a cause of job stress. ( )

3- Depression is a cause of job stress. ( )

4- Jobs are more stressful now than they were in the past. ( )

5- The writer thinks that you should quit your job if you feel stressed. ( )



LIVEWORKSHEETS