IELTS Reading practice

Paragraph headings

12. ***Match the correct headings with the paragraphs below.***

1. The causes of stress among employers and employees
2. The increase in work-related stress
3. The increase in visits to physicians
4. Stress has wide-ranging effects on the body and on behaviour

A) The number of stress-related disability claims by American employees has doubled according to the Employee Assistance Professionals Association in Arlington, Virginia. Seventy-five to ninety percent of physician visits are related to stress and, according to the American Institute of Stress, the cost to industry has been estimated at $200 billion-$300 billion a year.

B) It is clear that problems caused by stress have become a major concern to both employers and employees. Symptoms of stress are manifested both physiologically and psychologically. Persistent stress can result in cardiovascular disease, a weaker immune system and frequent headaches, stiff muscles, or backache. It can also result in poor coping skills, irritability, jumpiness, insecurity, exhaustion, and difficulty concentrating. Stress may also perpetuate or lead to binge eating, smoking, and alcohol consumption.

LIVEWORKSHEETS