UNIT 1 VOCABULARY LISTENING

NAME: _____ DATE: _____

1. Listen to the audio. Fill in the blanks with the words in the listening.

Insomnia: Stress keeps people _____ at night. Some people worry about their _____, while others are concerned about family issues or health problems.

Eating disorders: Thousands of people react to stress by feeding an eating pattern that typically reaches for _____ or carbohydrate-laden foods for a quick _____ rush.

Depression: Stress can make people feel chronically _____, have trouble thinking clearly, feel a_____ or unloved, and or struggle with guilt or shame.

Anxiety and panic attacks: People may experience high levels of stress that can manifest in _____ and _____, seemingly for an unknown cause.

Circulatory problems: Stress can make your body's _____ tighten up, which reduces blood flow throughout the body and produces blood clots, poor _____, or even strokes.

_____: It can be caused by stress, which can send sugar levels skyrocketing or plummeting.

Heart problems: Stress can make anyone's heart _____ palpitate wildly and increase their _____ rate as well as blood pressure and even raise their blood cholesterol.

Cancer: Since stress is known to depress the body's immune system, newer treatments for cancer patients, include _____, therapy, _____therapy and even _____ therapy.

_____ and viruses: People who are stressed often have immune systems that are not functioning properly. Consequently, they can get _____ faster.

LIVEWORKSHEETS