

# Unit 2 Reading Worksheet 2

Name \_\_\_\_\_

## 1 Read and tick (✓) the best title for the article.

- a. ☐ How to Eliminate Stress from your Life
- b. ☐ Stress: the Positive and the Negative Kind
- c. ☐ The Benefits of Stress

## 2 Read again and number each section.

- 1. Defining distress.
- 2. In conclusion.
- 3. Practical ideas to avoid distress.
- 4. Stress of the good kind.
- 5. The impact of distress on physical and mental health.
- 6. Why do young people get stressed?

☐ Being a student is not easy. Young people in school have got **duties** and goals. The pressure of **success** and worries about **failure**, in addition to other activities or responsibilities can generate mental tension or anxiety. This mental tension is normal in most cases and it is what we call 'stress.'

☐ Stress becomes *distress* when it continues for a long time and there is no opportunity to relax between events. Distress can have negative effects on our health.

☐ Physical effects of distress can be: constant stomachache, insomnia, frequent headaches or dizziness. There are also mental and emotional indicators of distress: nervousness, the feeling of frustration, difficulty in concentrating and even difficulty in learning.

☐ Here are some things you can do if you notice distress in your life:

- Analyse its effects and decide whether you can minimise or eliminate them.
- Learn meditation or relaxation techniques. They don't have to be sophisticated or difficult. Taking deep breaths, for example, always helps.
- Exercise regularly. When you exercise, your body produces endorphins—the brain chemical responsible for making you feel happy and relaxed.

- Make time for the things you like and the people you love. This always gives you a positive **perspective** on life and every problem will seem smaller.

☐ But not all stress is bad. The human body is designed to experience stress and react to it. Eustress (or 'positive stress') keeps you alert and motivated, accelerating your mind to take effective and quick action. This is what happens when, for example, you have got an exam or you want to win a game.

☐ We shouldn't direct efforts to eliminate stress from our lives: it is impossible! What we should do is try to identify our level of stress and take action when we notice it is not healthy.



### ≡ Stop and Think!

Do you think young people get stressed more often nowadays than in the past? Why / Why not?

### Guess What!

There are recent reports that show that the stress levels of teenagers are higher than those of adults.

### Glossary

**duty:** obligation, something you have to do

**success:** triumph, achievement

**failure:** lack of success

**perspective:** perception, point of view