

LESSON D Reading

1 Before you read

Talk with your classmates. Answer the questions.

1. When you are in a stressful situation, what happens to your body?
2. Read the **boldfaced** questions (section heads) in the article. Talk with a partner. Share your answers to these questions before you read the article.

2 Read

Read the magazine article. Listen and read again.

Before you read an article, read the title and section heads. Relate them to your own background and experience.

STUDENT TK 18
CLASS CD1 TK 29

STRESS: What You Ought to Know

What is stress?

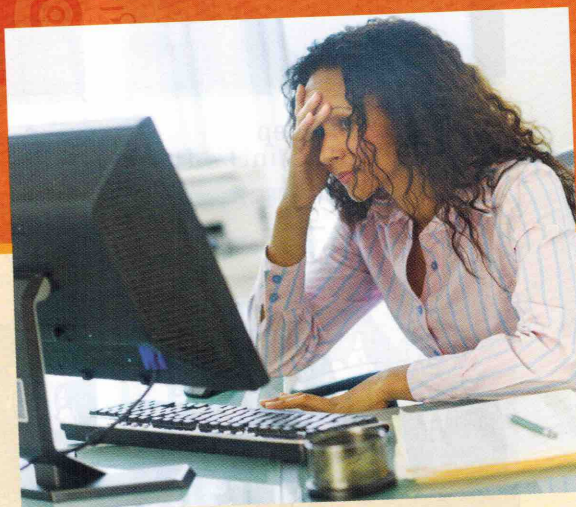
Stress is our reaction to changing events in our lives. The reactions can be mental – what we think or feel about the changes – and physical – how our body reacts to the changes.

What causes stress?

Stress often comes when there are too many changes in our lives. The changes can be positive, like having a baby or getting a better job, or they can be negative, such as an illness or a divorce. Some stress is healthy. It motivates us to push forward. But too much stress over time can make us sick.

What are the signs of stress?

There are both physical and emotional signs of stress. Physical signs may include tight muscles, elevated blood pressure, grinding your teeth, trouble sleeping, an upset stomach, and back pain. Common emotional symptoms are anxiety, nervousness, depression, trouble concentrating, and nightmares.



How can you manage stress?

To prevent stress, you should eat right and exercise regularly. When you know there will be a stressful event in your day – such as a test, a business meeting, or an encounter with someone you don't get along with – it is really important to eat a healthy breakfast and to limit coffee and sugar.

When you find yourself in a stressful situation, stay calm. Take a few deep breaths to help you relax. Roll your shoulders or stretch to loosen any tight muscles. And take time to think before you speak. You don't want to say something you will regret later!

3 After you read

A Check your understanding.

1. What are some physical signs of stress?
2. What are some emotional signs of stress?
3. What should you eat when you know there will be a stressful event in your life? What foods should you avoid?
4. Do you have a favorite exercise that you do to reduce stress? If so, what is it?
5. Think of a time when there were many changes in your life. Were the changes positive or negative? How did you feel? How did your body react?

B Build your vocabulary.

1. English uses suffixes to change the part of speech of a word. Underline words in the reading that end with the suffixes in the left column.
2. Complete the chart. Use a dictionary if necessary.

Suffix	Example	Part of speech	Main word	Part of speech
-ful	<i>stressful</i>	<i>adj</i>	<i>stress</i>	<i>noun</i>
-en				
-ly				
-ness				
-ion				

3. Complete the sentences. Write the correct form of the word from Exercise B2.
 - a. My shirt collar is too tight. I need to loosen it.
 - b. When you are sick, you should stay home. You do not want to give your _____ to others.
 - c. You should limit coffee and sugar when you are going to be in a _____ situation.
 - d. One emotional symptom of stress is depression. Another is _____.
 - e. She is worried about her weight, so she exercises _____.
 - f. Tight muscles are an example of a physical _____ to stress.

C Talk with a partner.

1. What's a stressful situation you've been in recently?
2. Why is it important to exercise regularly?
3. What are some physical habits that can show nervousness?
4. Is it a good idea to take medicine for depression? Why or why not?
5. Do your muscles often get tight? How do you loosen them?

☒ Relate the title and section heads to your own background and experience; recognize suffixes that change part of speech