

Reading

Stress: a modern illness?

The twenty-first century seems to have brought with it a whole range of new medical problems. Many of these are related to our increased use of technology. For example, there are now several problems connected with using computers and mobile phones. Certain parts of our body ache because they are overused, like thumbs from too much texting, eyes from peering at small screens repeatedly and our ears from the increased volume of music we listen to on MP3 players and at clubs. (1) _____ . The list goes on and on. However, one of the biggest dangers to health today is not a direct result of technology but it is related to it. That is stress.

Stress has always been with us. The feeling of being overwhelmed and unable to control aspects of our lives seems to have been part of the human condition forever. (2) _____ One reason for this is that technology has speeded up our lives dramatically. Everything can happen instantly: communication, travel, accessing information and so on. This means that, whereas we used to have thinking time between communications both at work and in our personal lives, today that's gone. People don't have enough time to do nothing and sometimes our brains need that.

Commuting to work used to be a time to relax and prepare for the day ahead or to wind down after a busy day. Now it's the opposite. If you're driving, the rush hour is usually one long traffic jam and if you're on the train, you'll probably be on your mobile phone or on your laptop continuing the day's work. Students don't escape either. (3) _____ . So, the stress factor can start at an early age.

So, how can we best deal with our stressful lives? It is important that we try, as stress causes not only mental problems but physical ones, too. People under a lot of stress can become nervous and moody, and even suffer from severe depression. (4) _____ It can affect our sleeping patterns, and when we don't get enough sleep that leads to other problems, too.

According to the experts, we need to try to cut out some of the things that cause us most stress in our daily lives. (5) _____ Of course, stress affects different people in different ways, but one answer is to write down a list of things that you find stressful and find ways round them. If you are stressed because you tend to leave revising for tests to the last minute, the answer would be to spread the revision over a longer period. If driving in the rush hour stresses you out, try putting on some calming music to distract you from the situation. If it's possible, switch off your phone on the train and read a book! We all need time to relax, a time when we can do something we enjoy, such as reading or watching a film. Another excellent way to fight stress is to do some form of exercise. (6) _____

It is inevitable that the pace of life is going to speed up even further, and we shall have to deal with it. But as long as we allocate ourselves some down time, we'll stay healthy. So, switch off that laptop and chill out.

7 Read the article about stress. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap. There is one extra sentence.

- A. Obviously, it is not possible to stop studying for exams or going to work, but we can reduce stress if we approach these things in the right way.
- B. They are under pressure to take and pass more and more exams.
- C. But experts say that stress levels, and health problems caused by stress, have gone up alarmingly in recent years.
- D. And people don't take as many holidays as they used to.
- E. We are also getting more ear infections because we share headphones.
- F. This has the advantage of improving our general fitness as well so try to fit in some sport or gym time.
- G. It also affects the heart and can cause problems related to blood pressure.

/ 6

8 Read the article again. Are these statements True (T), False (F) or is the information Not Mentioned (NM)?

- | | |
|---|-----|
| 1 Technology has contributed to new types of medical problems. | T/F |
| 2 Stress is a new type of illness. | T/F |
| 3 Students suffer more from stress than old people. | T/F |
| 4 People should change the way they handle things that are stressful. | T/F |
| 5 Finding time to relax is not that important. | T/F |
| 6 Experts suggest doing exercise can help reduce stress. | T/F |

/ 6

Total / 12

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