

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

Gateway Test Unit 6 B2

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Gateway Test Unit 6 B2:

Gateway Test Unit 6 B2: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. Gateway Test Unit 6 B2 : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Gateway Test Unit 6 B2 : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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