Grade 10

THE EFFECTS OF STRESS

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress an affect the respiratory system. It can lead to asthma. It an cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can also affect the stomach,. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suf­fering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress.

Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventu­ally result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

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Mark the sentences T (true) or F (false)

1. Physical, emotional, and mental problems are com­monly caused by stress.
2. Stress is one of the most common causes of health problems in modern life.
3. According to the essay, the arms may suffer physical problems caused by stress.
4. Stress can affect emotions by making people feel elated and thrilled.
5. Long-term stress can lead to depression and alcohol­ism.
6. People often develop addictions when trying to relieve stress.
7. If untreated, stress could often lead to death.
8. Stress can affect the respiratory system by causing stomach problems.
9. Stress can affect the heart by decreasing the pulse rate.

 10. Symptoms of emotional stress include feeling hungry and thirsty.