**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.

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 can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can 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. 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.

Guiding question

1. How does stress have influences on our lives?
2. How can you categorize the effects of stress?

**Reading Worksheet**

1. According to the passage, which of the following is **not** a common problem caused by stress?
2. Physical problems
3. Sleeping problems
4. Mental problems
5. Emotional problems
6. According to the essay, which parts of the body does **not** have physical problems caused by stress?
7. The arms
8. The stomach
9. The lungs
10. The heart
11. Which of the following show how stress can affect the emotions?
12. It can make people feel nervous
13. It can cause panic attacks
14. It can make people feel confident
15. It can make people feel angry
16. 양식의 맨 위 Which of the following is **not** caused by long-term stress?
17. Exhilaration
18. Addiction
19. Anorexia
20. Alcoholism
21. Choose **all** of the answers that can complete this sentence: Stress can affect the respiratory system by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
22. Causing stomach problems
23. Causing asthma
24. A loss of carbon dioxide
25. Causing breathing problems