

Topic 4 Healthy lifestyle

1 Fill in the gaps with the most appropriate words

analysis, changes, confront, maintain, may, or, promotions, quite, shocks, stressors, they, trying, unrealistic, which, with

Until recently it was generally believed that to _____ good health people should strive to avoid _____ in their lives. Such a strategy can be _____ limiting, however. The desire to avoid stress _____ also lead people to avoid potentially beneficial _____ in their lives, such as job changes or _____. Moreover, the attempt to avoid stress is often _____. How, for example, can a person avoid such _____ as a partner's death? In fact, if people do not _____ a certain amount of stress in their lives, _____ will end up being bored and unstimulated, _____ can also be physically harmful. In the last _____, each person needs to come to terms _____ stress in his or her own way, sometimes _____ to avoid it, but sometimes accepting it _____ even seeking it out as a challenge to be mastered.

2 Match the words in bold with the meanings/definitions

Stress may also **contribute** to disease in less direct ways, by influencing **moods** and behavior. People under stress may become **anxious** or depressed and as a **result** may eat too much or too little, have sleep difficulties, smoke or drink more, or **fail** to exercise. These behavioral changes may, in turn, be harmful to their health. In addition, people are more likely to pay attention to certain bodily **sensations**, such as aches and pains, when they are under stress and to decide that they are "**sick**".

- 1 very worried about sth that may happen so that you think about it all the time _____
- 2 to help to cause sth _____
- 3 to be unsuccessful in sth that you want to do _____
- 4 the way you feel at a particular time _____
- 5 the ability to feel, especially through your sense of touch _____
- 6 suffering from a disease or illness _____
- 7 something that happens or exists because of sth that happened before _____

Key

1 *maintain, stressors, quite, may, changes, promotions, unrealistic, shocks, confront, they, which, analysis, with, trying, or*

2 *anxious, contribute, fail, mood, sensation, sick, result*