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| Resultado de imagen para listal talca | **The Effects of Stress** Efectos negativos del estrés docente sobre la salud - Actividades ... | |
| Name |  | |
| Grade: **Cuartos Medios 2020** | | Date **June 2020** |
| **Objective,** Reading Comprehension, Aprender a investigar sobre un tema, utilizando diferentes medios de información.  Reconocer la importancia de los textos leídos.  Analizar textos escritos, extrayendo la idea principal y secundarias de cada párrafo para la realización de las actividades. | | |
| Teacher . Miss Patricia Jara Céspedes (profepatingles20@gmail.com) | | |

**Reading**

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 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. 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.  
Activities: **I. Choose the best answer for each question.** 

**1. Which of the following is not a common problem caused by stress?**

|  |  |
| --- | --- |
| a.    physical problems | b.    anecdotal problems |
| c.   mental problems | d.  emotional problems |

**2. According to the essay, which of the following parts of the body does not have physical problems caused by stress.**

|  |  |  |  |
| --- | --- | --- | --- |
| a. the arms | b.  the stomach | c.   the lungs | d.   the heart |

**3. Which of the following show how stress can affect the emotions?**

|  |  |
| --- | --- |
| a. it can make people feel nervous | b. it can cause panic attacks |
| c. it can make people feel related | d. it can make people feel angry |

**4. Final del formulario**

**Which of the following can result from long-term stress?**

|  |  |  |  |
| --- | --- | --- | --- |
| a. bliss | b depression | c alcoholism | d. whimsy |

**5. Final del formulario**

**Choose the best answer to explain how alcoholism is caused by stre**ss.

|  |  |
| --- | --- |
| a.    alcohol is used to relieve stress | b.    alcohol is popular |
| c.    alcohol is a chemical | d.    alcohol is similar to medicine |

**6. Which of the following is not caused by long-term stress?**

|  |  |  |  |
| --- | --- | --- | --- |
| a.    bloating | b.  addiction | c.    anorexia | d.    alcoholism |

**7. Choose all of the answers that can complete this sentence: Stress can affect the respiratory system by \_\_\_\_\_\_\_\_\_\_.**

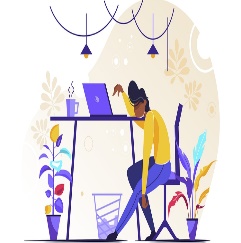
Principio del formulario

|  |  |
| --- | --- |
| aaaa a. causing stomach problems Final del formulario | b.Principio del formulario  bbbb causing asthma |
| c. a loss of carbon dioxide | d. causing breathing problems |

8. **Final del formulario**

**Symptoms of emotional stress include** \_\_\_\_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. feeling joyous | b.    feeling hungry | c. feeling thirsty | d.    feeling tired |

**II. Complete each sentence by choosing the best ending.** 

Principio del formulario

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Sentence | ¿??????? |  | complete |
| 1 | Stress can cause mood changes ……. |  | A | can cause asthma |
| 2 | Problems with the respiratory system….. |  | B | variety or serious mental illness |
| 3 | Stress Effects the heart…. |  | C | overuse of alcohol or drugs |
| 4 | Untreated stress …… |  | D | such as making people feel angry, moody or nervous |
| 5 | Long term stress can créate a ….. |  | E | by causing an increase in pulse rate and high blood pressure |
| 6 | the physical Effects of stress are…… |  | F | numerous |
| 7 | Stress can affect the stomach…… |  | G | may result in mental illness |
| 8 | Stress can affect ….. |  | H | resulting in stomach aches and problems digesting food |
| 9 | Addictions often develop as a result of an ….. |  | I | the respiratory system |
| 10 | Stress is one of the most common causes….. |  | j | of health problems in modern life |

|  |  |  |  |  |  |
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| Autoevaluación | | | | | |
| Criterios a evaluar | Excelente  Siempre  4 | Bueno  Casi siempre  3 | Regular  Regularmente  2 | Poco satisfactorio, casi nunca  1 | Deficiente/  nunca  0 |
| El objetivo de la actividad es claro y breve |  |  |  |  |  |
| Identifico con claridad el tema a trabajar  El objetivo está completamente relacionado a las actividades |  |  |  |  |  |
| Despierta interés en mi sobre contenido de la lectura. |  |  |  |  |  |
| Presenta las actividades como un reto cognitivo adecuado para cada uno de mis estudiantes |  |  |  |  |  |
| Utilizo internet como apoyo para la realización de mi trabajo |  |  |  |  |  |
| Me esfuerzo en la realización y entrega puntual de mi tarea |  |  |  |  |  |
| Organizo mi tiempo para la realización de mis tareas |  |  |  |  |  |
| Las instrucciones son claras y oportunas |  |  |  |  |  |
| Pienso en lo que ya sabía sobre el contenido del texto, para entenderlo |  |  |  |  |  |
| La lectura es demasiado extensa para las actividades |  |  |  |  |  |
| Utilizo conocimiento de vocabulario conocido, titulo e imágenes para la comprensión del texto |  |  |  |  |  |
| Realizo deducciones en algunas partes de la lectura para entender |  |  |  |  |  |