

PET – READING PART 6 - Stress could be good for you

For each question write the correct answer:

Write **one** word for each gap.

Stress could be good for you - if you believe it is

Have you ever given a talk 1. _____ speech to a large group of people? If so, you'll probably remember it as a very stressful experience ... you sweat, your mouth goes dry, your heart starts beating fast.

And most people believe 2. _____ stress is bad for you. Putting 'reduce your stress levels' 3. _____ Google gets you 34 million hits. Articles in the newspapers or 4. _____ health websites are always telling us 5. _____ to reduce our stress levels. Titles like '23 scientifically proven ways 6. _____ reduce stress right now!' are common. But what if it isn't actually true?

Experiments with a technique called the Social Stress Test suggest that stress is only harmful if you believe that it is. In the experiment, two groups 7. _____ people were asked to perform a series of stress-producing actions, 8. _____ as doing a maths test while the 'instructor' shouted, 'Faster! faster! That's not very good!' Or giving a five-minute talk to a group of 'experts' 9. _____ were pretending to be bored.

But the two groups had been treated differently before they took the test. The first group had not been told anything, whereas the second group were told that stress is good 10. _____ you, and that the dry mouth and beating heart are the body's way of preparing you for 11. _____ challenge. Amazingly, the results were quite different. The people who had been told nothing showed signs of damage to 12. _____ blood vessels around the heart, while 13. _____ of the other group were normal - as if they were not under stress at all.

These results have been confirmed 14. _____ other tests. It seems that the effects of stress depend on what you believe 15. _____ stress!

Answers

Have you ever given a talk 1. **or** speech to a large group of people? If so, you'll probably remember it as a very stressful experience ... you sweat, your mouth goes dry, your heart starts beating fast.

And most people believe 2. **that** stress is bad for you. Putting 'reduce your stress levels' 3. **into** Google gets you 34 million hits. Articles in the newspapers or 4. **on** health websites are always telling us 5. **how** to reduce our stress levels. Titles like '23 scientifically proven ways 6. **to** reduce stress right now!' are common. But what if it isn't actually true?

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These results have been confirmed 14. **by** other tests. It seems that the effects of stress depend on what you believe 15. **about** stress!