ISE III Reading

QSE C1, Unit 19 p87

- ✓ Title matching
- ✓ Selecting true statements

1. Read the texts below and match the titles a) to f) to the texts 1-6

1.	2.
Detecting a perceived threat, the body increases stress hormones epinephrine and norepinephrine, causing the 'flight-or-fight' response. It usually lasts only a few minutes.	This reaction increases heart and breathing rates, body temperature, sweating and production of stomach acid. Increased blood pressure damages blood vessels causing scar tissue and thickening of blood vessel walls.
3.	4.
The body will usually return to its normal state. However, if the threat continues, the body will increase its production of stress hormones and release cortisol, a hormone which increases alertness. It can last for hours.	This leads to emotional responses like anger, frustration, becoming upset and argumentative. It can influence behaviour and reactions in negative ways. Mental functions such as memory can be impaired.
5.	6.
Eventually, the body runs out of hormones and proteins. Decreased cortisol leads to fatigue. If stress becomes chronic, the person usually remains in this state. It can also lead to the situation called 'burnout' where the person becomes incapable of dealing with even ordinary situations without feeling stress	Initially, this can lead to emotional responses like worry, guilt, depression and fatigue. Over time, this can lead to: - risk of heart attacks and strokes - digestive problems like ulcers - insomnia - lower immune system, more disease - migraines, headaches, backaches - possibly cancer

- a) Exhaustion caused by stress
- **b)** Initial state of alarm
- c) Resisting the threat
- d) Long term effects of stress
- e) Effects of alarm on the body
- f) Reaction to the threat
- 2. Circle which words of these from paragraph 1 helped you to choose the correct title.

a) Detecting b) lasts c) response d) hormones e) perceived f) threat

3. Now look at the other paragraphs and identify which words helped you choose the title.

4. Decide if the following statements are true (T) or false (F)

T / F

- a) When the body reacts to a situation of stress, the results are never long-lasting
- **b)** If the threat continues the effects can last for hours.
- c) Responses to stress aren't solely emotional.
- d) People with chronic stress feel very tired because of raised levels of cortisol.