**Practice 2:**

**Choose the correct word to complete each sentence.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| emotional |        | respond |        | stressed |        | stressor |
| manage |        | stress |        | stressful |  |  |

1. Her son had to have a serious operation, so she was very upset and worried. She was very stressed until he got better.

2. Some people experience real dangers to their physical and ­­­­­­­­emotional well being—an accident, a sickness of a loved one, or a job loss.

3. We respond to difficult situations by feeling worried.

4. Even though stress is a normal part of life, too much of it can seriously affect your health.

5. Being late for work is a common stressor. It's a bad way to start the day.

6. She doesn't know how to manage all her problems, so she's always worried about them.

7. According to the stress scale, death of a close family member is the most stressful event a person can experience.