

LÍNGUA INGLESA– QUESTÕES DE 66 A 70

A few words about Stress

1 *Stress is part of everyday life. We experience it in good times and bad. Traumatic events such as*
 2 *serious illness, death, earthquakes, or wars all cause stress. However, positive changes in life can also be*
 3 *stressful. New relationships, new jobs, or a new baby can make someone feel “stressed out.” Stress only*
 4 *becomes a problem when it is unmanageable, when people can’t control it.*

5 *While too much stress isn’t healthy, reactions to stress can be helpful. In fact, in prehistoric times,*
 6 *stress helped people to survive, to stay alive. When our ancestors were in danger, certain changes in their*
 7 *bodies prepared them either to fight or to flee, to run away. Today this “fight or flight” reaction is still part of*
 8 *us. We react to stress in the 21st century the same way our ancestors did.*

9 *Stress causes powerful hormones (adrenaline and cortisol) to move quickly through the body. The*
 10 *hormones cause an increase in heart rate, blood pressure, blood sugar, and the need for oxygen. These*
 11 *are the changes that help people get through stressful situations successfully. However, when stress is out*
 12 *of control, the body’s immune system suffers. This is a problem for many people. In fact, 75% to 90% of all*
 13 *visits to the doctor are stress-related.*

14 *Relaxation techniques help some people reduce stress. Deep breathing, muscle relaxation, and*
 15 *meditation can actually decrease hormone levels in the blood and stop the stress reaction.*

16 *Unfortunately, some people think that relaxation techniques are no more than quackery. They ask*
 17 *their doctors for pills to help them relax. Most doctors believe, however, that patients with stress-related*
 18 *problems can help themselves by changing their diet (cutting down on sugar and caffeine) and increasing*
 19 *regular exercise. Exercise helps both the body and the mind control stress.*

20 *While it’s true that stress can have a negative effect on health, it’s also possible to manage stress*
 21 *before it becomes a problem. If you know the physical and emotional symptoms of stress, then you can use*
 22 *relaxation techniques or exercise before you feel “stressed out.” Stress may be a big part of our lives, but it*
 23 *doesn’t have to control the way we live.*

(ADELSON-GOLDSTEIN, J. **Read and Reflect 1**: academic reading strategies and cultural awareness. New York: Oxford University Press, 2004, p. 63.)

66. According to the text, it is CORRECT to say that:

- a) positive and negative events cause stress.
- b) stress is only caused by negative events.
- c) positive events do not cause stress.
- d) stress is an unmanageable problem.
- e) people can never control stress.

67. According to the text, all of the following alternatives about stress are correct, EXCEPT:

- a) The way we react to stress has not changed since ancestry.
- b) The influence of hormones in our body helps us deal with stressful situations.
- c) Some people believe that relaxation techniques are not useful to fight stress.
- d) Our body’s way of fighting illness alters under stress.
- e) Stress should be a big part of our lives and should control how we live.

68. According to the text, “flee” (line 7) means:

- a) to fight.
- b) to stay.
- c) to cry.
- d) to escape.
- e) to fly.

69. The alternative which does NOT present a noun functioning as an adjective is:

- a) "*heart rate*" (line 10).
- b) "*blood pressure*" (line 10).
- c) "*muscle relaxation*" (line 14).
- d) "*relaxation techniques*" (line 22).
- e) "*deep breathing*" (line 14).

70. The word "*actually*" (line 15) is closest in meaning to:

- a) nowadays.
- b) lately.
- c) in fact.
- d) recently.
- e) in time.