

Show questions one by one

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

- ? physical problems
- ? anecdotal problems
- ? mental problems
- ? emotional problems

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

- ? the arms
- ? the stomach
- ? the lungs
- ? the heart

3-Which of the following show how stress can affect the emotions? Click on the box beside each correct answer and then click on "Check".

- it can make people feel nervous
- it can cause panic attacks
- it can make people feel elated
- it can make people feel angry

4-Which of the following can result from long-term stress? Click on the box beside each correct answer and then click on "Check".

- bliss
- depression
- alcoholism
- whimsy

5-Choose the best answer to explain how alcoholism is caused by stress.

- ? alcohol is used to relieve stress
- ? alcohol is popular
- ? alcohol is a chemical
- ? alcohol is similar to medicine

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

- ? bloating
- ? addiction
- ? anorexia
- ? alcoholism

7-Choose all of the answers that can complete this sentence: Stress can affect the respiratory system by _____.

- causing stomach problems
- causing asthma
- a loss of carbon dioxide
- causing breathing problems

8-Symptoms of emotional stress include _____.

- ? feeling joyous
- ? feeling hungry
- ? feeling thirsty

? feeling tired