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**Stress—Why we get it and how we can manage it**

Stress is a feeling we have when we react to events that make us upset, nervous, or angry. These events can happen at school, like when we take a test, at work, like getting a new boss, or at home, like going through a divorce.

Your body has specific hormones that it releases during times of stress. In this period more adrenalin gets into your blood. The hormones make your body temperature go up and change your blood pressure and how you breathe. The body produces sweat to cool it down.

Stress response is what your body does to fight stress. It makes you handle stress and do well during these situations. Stress response happens, for example, when you are driving and quickly step on the brakes to avoid an accident.

Stress can be long term, like when you are having personal problems with family or friends. Stress also happens when you work too much and don’t have time to relax. This long-term stress keeps your body alert and pumps hormones into your bloodstream for a longer time. This can hurt your body, make you feel tired, and weaken your immune system.

A little bit of stress can sometimes be good. A little stress can motivate you to study or work hard or perform well on a test or in an interview. But if stress lasts too long your body can’t cope with it. You may feel worried, upset, and anxious. This makes life difficult and can lead to other symptoms, problems, and illnesses.

**Vocabulary**

Adrenalin = a chemical that your body produces

Alert = aware, awake

Amount = quantity

Anxious = nervous

Avoid = keep away from

Blood pressure = the force with which blood travels through the body

Choose = select

Constant = always

Cope = deal with

De-stress = fight off stress

Endure = suffer from

Event = something that happens

Heartbeat = the sound of your heart as it pumps blood through your body

Hormone = a chemical that your body produces

Immune system = how your body protects itself against a disease

Long term = last a long time

Manage = deal with

Pressure = stress

Release = set free

Stress response = how you react to stress

Symptom = sign

Weaken = to make weaker