

## INGLÊS

### Stress

Stress is a well-known trigger for depression and **it** can also affect your physical health. So it is important to identify the causes of stress in your life and try to minimize **them**.

5 Any sort of loss, from bereavement, divorce and separation to a child leaving home causes stress, as do long-term **illness** and disability. But things such as marriage, moving house, a new job and holidays have quite high stress ratings too.

10 The secret of managing stress is to look after yourself and, where possible, to remove some of the causes of stress. If you start to feel things are getting on top of you, give yourself some breathing space. Take a day off work, domestic chores, family  
15 and everything else that puts pressure on you. Spend the day doing only relaxing things that make you feel good. It can make all the difference, reducing the threat to your well-being.

(James Tighe, Clinical Nurse Research Fellow, BBC Health, 6<sup>th</sup> January, 2007)

**As questões de números 11 a 15 estão relacionadas ao texto. Escolha a melhor resposta para cada questão.**

**11. According to the text above what may cause stress?**

- a) Depression.
- b) Loss and changes.
- c) Yourself.
- d) Traveling.
- e) Relaxation.

12. The pronoun "it", in line 02, refers to

- a) depression.
- b) health.
- c) stress.
- d) trigger.
- e) life.

13. What does the Text mainly discuss?

- a) Stress and how to manage it.
- b) Depression.
- c) Family.
- d) Pressure.
- e) Well-being.

14. The word "illness", in line 07, is closest in meaning to

- a) health.
- b) pressure.
- c) disability.
- d) disease.
- e) stress.

15. The pronoun "them", in line 04, refers to

- a) physical health.
- b) life.
- c) stress.
- d) health.
- e) causes of stress.