

Open Cloze

For questions 1-15, read the text below and write the word which best fits in each space. Use only one word in each space. There is an example below:

(0) is

Stress

Stress (0) ... often called a 21st century illness but it has always been with us if perhaps (1) ... different names. These days we regard stress (2) ... a necessary evil of modern living. Yet stress is not negative and without (3) ... we would not enjoy some of the highpoints in life (4) ... as the anticipation before a date or the tension leading (5) ... to an important match. All these situations produce stress but (6) ... you can control it and not the other way (7) ... you will feel stimulated, not worn (8) ... Unlike these situations, which are generally positive and easier to deal with, sitting in a train (9) ... is late, (10) ... stuck in a traffic jam, working to a tight deadline are (11) ... harder to manage and control. Stress is now recognised as a medical problem and as a significant factor (12) ... causing coronary heart disease, high blood pressure and a high cholesterol count. Patients are often unwilling to admit to stress problems (13) ... they feel they are a form of social failure and it is important that symptoms (14) ... identified in order to avoid unnecessary suffering. So what should we be looking out for as danger signals? Common signs of stress are increased tiredness, irritability and (15) ... inability to cope with certain situations.