

5. Multitasking stresses me out because of the pressure to meet quality standards.

Carlos Daniel

1. yes, it causes me a lot of stress because, I would only be focusing on the negative, and that affects my emotional well-being
2. not paying attention can actually help me become more aware of what I'm doing
3. yes, worrying involves imagining negative things constantly, which can increase my anxiety
4. it depends, it can feel very satisfying, but it can also cause insomnia and tiredness
5. yes, even though it seems easy for me, it can make me do things poorly and cause more physical fatigue

@ David Alexander Zumbado @

1. Personally, I don't find judging to be stressful, but I recognize that maintaining a negative mindset can make the environment feel heavier. I prefer not to spend my energy on it.
2. This action is the opposite of stressful for me. In fact, when I put full attention to one thing, I feel calmer, more focused, and in control of the situation.
3. Of all the actions, this is the one most likely to cause stress. Although I don't tend to worry much, I understand that constantly thinking about negative things that haven't happened is a direct source of anxiety and stress. For instance, it's one of the things I avoid the most.
4. The act of watching the songs is still stressful for me. It's a way to relax.
5. This can be a bit stressful at times. I prefer to focus on one thing at a time to stay calm and do it well.

Notes Felipe Ramirez -> En la siguiente hoja
☺ (In the next page)

Also
1-00-10

Match the vocabulary from the article (1-5) with the definitions (A-E) which of these actions are likely to make you feel more stressed?

- | | |
|--------------------|---|
| 1 judging | B having a bad opinion of something or someone |
| 2 paying attention | C watching, listening or thinking about something carefully |
| 3 worrying | E thinking about unpleasant things that might happen |
| 4 binge-watching | D watching lots of tv episodes at once |
| 5 multi-tasking | A doing two or three things at the same time |

2. Santiago Castro

1. Being Judging does not create stress for me because I feel that I should not have to meet someone else's expectation but that it should be my own.
2. Paying attention isn't stressful. It's when the environment gets distracting or uncomfortable that I get stressed.
3. Worrying stresses me out, depending on the context. Health, work, family or problems.
4. Binge-watching doesn't stress me out because it feels like I'm seeking peace.