



FOCUS: Identifying correct paraphrases of information from a longer passage.

Continue



DIRECTIONS: Read the passage and then answer the question that follows.

Continue

Coping With Stress



Reading > Lesson 5: Sentence Restatement Questions > Exercise 5.2

DIRECTIONS: Read the passage and then answer the question that follows.

Continue

The ways in which people perceive and cope with stress seem to be more important in the development of disease than the amount and type of stress itself. If individuals perceive stress as a definite problem in their lives or if it interferes with their optimal level of health and performance, they can call upon several excellent stress-management techniques to help them cope more effectively.

First, of course, the person must recognize that a problem exists. Many people either do not want to believe they are under too much stress or they fail to recognize some of the typical symptoms of distress. Noting some of the stress-related symptoms will help a person respond more objectively and initiate an adequate coping response.

When people have stress-related symptoms, they should first try to identify and remove the stressor or stress-causing agent. This is not as simple as it may seem, because in some situations eliminating the stressor is not possible, or a person may not even know the exact causal agent. If the cause is unknown, keeping a log of the time and days when the symptoms occur, as well as the events preceding and following the onset of symptoms, may be helpful.

The body responds to stress by activating the fight-or-flight mechanism, which prepares a person to take action by stimulating the body's vital defense systems. This stimulation originates in the hypothalamus and the pituitary gland in the brain. The hypothalamus activates the sympathetic nervous system, and the pituitary activates the release of catecholamines (hormones) from the adrenal glands.



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Review

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1 Which of the sentences below best expresses the essential information in the **highlighted** sentence in the passage? *Incorrect* choices change the meaning in important ways or leave out essential information.

- ☐ Difficult situations may be responsible for increasing stressors in individuals, even if they do not understand what causes the stressors.
- ☐ If someone is unable to recognize the cause of a stressor or avoid a stressful event, then it is difficult to remove that stressor from the individual's life.
- ☐ It can be challenging to determine what causes stressors in people, because an exact causal agent may not be known.
- ☐ Identifying and eliminating a stressor from someone's life may be a complex task, because the causes of stressors vary among individuals.

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