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Description

A recent study has revealed that stress levels among young adults have significantly increased over the past decade. The study, which surveyed over 1,000 individuals aged between 18 and 30, found that 70% of respondents reported experiencing high levels of stress on a daily basis.

One of the main factors contributing to this increase in stress is the pressure to succeed in various aspects of life, including career, relationships, and finances. Many young adults feel overwhelmed by the expectations placed upon them by society and struggle to find a balance between work and leisure.

In addition, the rise of social media has also been identified as a key factor in increasing stress levels among young adults. The constant comparison to others on social media platforms can lead to feelings of inadequacy and low self-esteem.

Experts recommend that young adults prioritize self-care and establish healthy boundaries to manage stress effectively. Engaging in activities such as exercise, mindfulness, and spending time with loved ones can help reduce stress levels and improve overall well-being.

It is crucial for young adults to recognize the signs of stress and seek support when needed. By taking proactive steps to prioritize mental health, young adults can better navigate the challenges of modern life and cultivate a sense of balance and resilience.

Vocabulary List:

1. **Significantly** /sɪg'nɪfɪkəntli/ (adverb): In a way that is statistically meaningful or important.
2. **Contributing** /kən'trɪb.ju.tɪŋ/ (verb): Helping to cause or bring about a result.
3. **Overwhelmed** /,oʊ.vər'wɛlm.d/ (adjective): Feeling buried or unable to cope due to excessive demands.
4. **Inequality** /,ɪn.ɪ'kwɒl.ɪ.ti/ (noun): The state of not being equal especially in status rights and opportunities.
5. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties; toughness.
6. **Prioritize** /prɪ'ɔr.ɪ.taɪz/ (verb): To designate or treat something as more important than other things.

Comprehension Questions

Multiple Choice

1. What age group was surveyed in the recent study on stress levels among young adults?

- Option: 12-18
- Option: 18-30
- Option: 30-40
- Option: 40-50

2. What percentage of respondents reported experiencing high levels of stress on a daily basis?

- Option: 40%
- Option: 50%
- Option: 60%
- Option: 70%

3. What are some aspects of life in which young adults feel pressure to succeed according to the study?

- Option: Career relationships and finances
- Option: Social media presence
- Option: Travel and leisure
- Option: Hobbies and interests

4. What is one key factor identified in the study as contributing to increased stress levels among young adults?

- Option: Physical health issues
- Option: Meditation techniques
- Option: Rural living
- Option: Social media comparison

5. What activities are recommended by experts to help reduce stress levels among young adults?

- Option: Watching TV all day
- Option: Eating junk food
- Option: Exercise mindfulness spending time with loved ones
- Option: Isolating oneself

6. What is the importance of recognizing stress signs for young adults according to the content?

- Option: It is not important
- Option: To improve work performance
- Option: To seek appropriate support and prioritize mental health
- Option: To ignore the signs and push through

Answer

Multiple Choice: 1. 18-30 2. 70% 3. Career relationships and finances 4. Social media comparison
5. Exercise mindfulness spending time with loved ones 6. To seek appropriate support and prioritize mental health

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which infectious disease is caused by Rickettsia bacteria?

- Option: Dengue fever
- Option: Typhus
- Option: Malaria
- Option: Cholera

2. High levels of which substance can contribute to heart disease?

- Option: Protein
- Option: Cholesterol
- Option: Fiber
- Option: Vitamin C

3. Which term describes individuals who have received a vaccine against a specific disease?

- Option: Contagious
- Option: Exposure
- Option: Sensitivity
- Option: Vaccinated

4. Which substances help prevent cell damage caused by free radicals?

- Option: Carbohydrates
- Option: Antioxidants
- Option: Calcium
- Option: Iron

5. What term refers to the unequal distribution of resources and opportunities among different groups?

- Option: Resilience
- Option: Inequality
- Option: Moderation
- Option: Deficiencies

6. Which organ is known as the "second brain" due to its complex neural network?

- Option: Heart
- Option: Brain
- Option: Stomach
- Option: Gut

7. What term describes false or inaccurate information spread unintentionally?

- Option: Supplementation
- Option: Endorse
- Option: Misinformation
- Option: Precautions

8. In the context of disease what term describes an organism that transmits pathogens to humans?

- Option: Precautions
- Option: Vector
- Option: Endorse
- Option: Uptick

9. Which term refers to how reactive an individual is to certain stimuli or substances?

- Option: Vigilant
- Option: Sensitivity
- Option: Misinformation
- Option: Endothelial

10. Which term refers to waste matter discharged from the body?

- Option: Supplementation
- Option: Excrement
- Option: Inflammation
- Option: Antioxidants

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ is the ability of a person to cope with and recover from difficult situations.

12. _____ cells line the interior surface of blood vessels.

13. The success of the project was _____ upon securing additional funding.

14. There has been a noticeable _____ in the number of COVID-19 cases in recent weeks.

15. Vitamin and mineral _____ can lead to various health problems.

16. She felt _____ by the amount of work she had to complete before the deadline.

17. Lack of exercise and poor diet are _____ factors to the rise in obesity.

18. Taking necessary _____ can help prevent the spread of infectious diseases.

19. Some individuals may require dietary _____ to meet their nutritional needs.

20. Chronic _____ in the body is linked to various diseases including arthritis.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The abandoned cat had reverted to a wild and state.

22. Security guards must remain to detect any potential threats.

23. Historically lice have been a common for transmitting the disease .

24. The celebrity decided to the new skincare product.

25. Enjoying sweets in is key to maintaining a healthy diet.

26. The hospital implemented strict protocols to prevent the spread of diseases.

27. Her and perseverance helped her overcome many challenges.

28. It is important to tasks based on their urgency and importance.

29. Measles is a highly disease that spreads easily among unvaccinated individuals.

30. Long-term to environmental toxins can have detrimental effects on health.

Answer

Multiple Choice: 1. Typhus 2. Cholesterol 3. Vaccinated 4. Antioxidants 5. Inequality 6. Gut 7. Misinformation 8. Vector 9. Sensitivity 10. Excrement

Gap-Fill: 11. Resilience 12. Endothelial 13. Contingent 14. Uptick 15. Deficiencies 16. Overwhelmed 17. Contributing 18. Precautions 19. Supplementation 20. Inflammation

Matching sentence: 1. Feral 2. Vigilant 3. Typhus 4. Endorse 5. Moderation 6. Infectious 7. Resilience 8. Prioritize



9. Contagious 10. Exposure

CATEGORY

1. Health - LEVEL4

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