



---

## World's Most and Least Stressed Cities Revealed

### Description

Manila, Philippines, and Kolkata, India, are among the most stressed cities globally, receiving scores of 7.34 and 6.89 out of 10, respectively. A new global ranking by Remitly for 2025 highlights which cities offer a more relaxed pace of living and those with higher daily pressures. The ranking considers factors such as commute times, cost of living, healthcare, safety, and pollution.

New York is listed as one of the most stressful cities, with a cost-of-living index of 100, one of the world's highest. Although it has excellent healthcare and cleaner air, financial strain remains significant due to congestion, high crime levels, and pollution.

Dublin faces long commutes averaging 32 minutes per 10km. Housing costs continue to rise, with a house-price-to-income ratio at around 111, which is 11% above its long-term average. In Mexico City, congested roads and a crime index of 66.8 significantly contribute to residents' stress.

Conversely, some cities provide a more peaceful living experience. Eindhoven, the least stressed city, scored 2.34. Residents have short commutes of under 15 minutes for 10km and benefit from strong healthcare services.

Utrecht also offers low stress levels, scoring 2.67, while Canberra in Australia provides good air quality and manageable living costs, though slightly higher crime rates impact its ranking. This ranking reflects the diverse living conditions worldwide, highlighting both challenges and solutions for urban life.

---

### Vocabulary List:

1. **Stressed** /strest/ (adjective): Experiencing mental or emotional strain or tension.
2. **Congestion** /kən'dʒes.tʃən/ (noun): The state of being overcrowded or blocked.
3. **Pollution** /pə'ljuː.ʃən/ (noun): The presence of harmful substances in the environment.
4. **Healthcare** /'heɪθ,kɛr/ (noun): The organized provision of medical care to individuals or a community.
5. **Cost of living** /kɒst ʌv 'lɪv.ɪŋ/ (noun): The level of prices relating to a range of everyday items.
6. **Commute** /kə'mju:t/ (verb): To travel some distance between one's home and place of work on a regular basis.

### Comprehension Questions



---

## Multiple Choice

1. Which city scored 7.34 in the global ranking for stressed cities?

- Option: Manila, Philippines
- Option: Kolkata, India
- Option: New York, USA
- Option: Eindhoven, Netherlands

2. What is the cost-of-living index of New York?

- Option: 50
- Option: 75
- Option: 100
- Option: 125

3. Which city offers the lowest stress level with a score of 2.34?

- Option: Utrecht
- Option: Eindhoven
- Option: Canberra
- Option: Mexico City

4. What is the average commute time in Dublin per 10km?

- Option: 15 minutes
- Option: 25 minutes
- Option: 32 minutes
- Option: 45 minutes

5. Which city has a crime index of 66.8 contributing to residents' stress?

- Option: New York
- Option: Dublin
- Option: Mexico City
- Option: Canberra

6. Which city provides good air quality and manageable living costs?

- Option: Manila
- Option: Eindhoven
- Option: Utrecht
- Option: Canberra



---

### True-False

7. Manila, Philippines, scored 6.89 in the global ranking for stressed cities.
8. Dublin has a house-price-to-income ratio 11% below its long-term average.
9. Utrecht has a stress level score of 2.67.
10. Eindhoven offers short commutes of under 15 minutes for 10km.
11. Canberra has low crime rates impacting its stress levels.
12. New York has higher pollution levels impacting its residents' stress.

### Gap-Fill

13. New York is listed as one of the most stressful cities, with a cost-of-living index of \_\_\_\_\_.
14. Eindhoven, the least stressed city, scored \_\_\_\_\_.
15. Dublin faces long commutes averaging \_\_\_\_\_ per 10km.
16. Mexico City has a crime index of \_\_\_\_\_ contributing to residents' stress.
17. Utrecht offers low stress levels, scoring \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Manila, Philippines 2. 100 3. Eindhoven 4. 32 minutes 5. Mexico City 6. Canberra

**True-False:** 7. True 8. False 9. True 10. True 11. False 12. True

**Gap-Fill:** 13. 100 14. 2.34 15. 32 minutes 16. 66.8 17. 2.67

### Vocabulary quizzes



---

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

1. What form of public expression focuses on raising awareness about social issues?

- Option: Protests
- Option: Immigration
- Option: Coalition
- Option: Healthcare

2. What is a tax imposed on imported goods?

- Option: Frustration
- Option: Tariffs
- Option: Collaboration
- Option: Decline

3. Which industry produces electronic components?

- Option: Mitigate
- Option: Semiconductor
- Option: Complex
- Option: Significance

4. What term describes a decrease or reduction in progress or quality?

- Option: Commute
- Option: Progress
- Option: Decline
- Option: Coalition

5. What is the advancement towards achieving a goal or improving a situation?

- Option: Stressed
- Option: Progress
- Option: Condemned
- Option: Opulent

6. Which term means to make something less severe or painful?

- Option: Mitigate
- Option: Autonomy
- Option: Complex
- Option: Fluctuations

7. What is a formal decision or commitment made between two or more parties?

- Option: Collaboration
- Option: Agreement
- Option: Frustration



---

Option: Commute

8. Which word describes something that is composed of many interconnected parts?

- Option: Dynamics
- Option: Complex
- Option: Commute
- Option: Coalition

9. What refers to the contamination of the environment with harmful substances?

- Option: Import
- Option: Pollution
- Option: Agreement
- Option: Opulent

10. Which sector provides medical services to individuals?

- Option: Healthcare
- Option: Cost of living
- Option: Condemned
- Option: Stressed

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

11. The protesters were \_\_\_\_\_ by the authorities during the demonstration.

12. The city faced heavy \_\_\_\_\_ due to the road construction.

13. The agreement was non-\_\_\_\_\_ meaning it did not hold parties to specific actions.

14. The industry sector involved in production is known as \_\_\_\_\_.

15. There was widespread \_\_\_\_\_ regarding the feasibility of the new policy.

16. The daily \_\_\_\_\_ to work often takes a toll on one's energy and time.

17. The palace was a symbol of wealth and \_\_\_\_\_ design.

18. The stock market experiences regular \_\_\_\_\_ in prices.

19. Teamwork and \_\_\_\_\_ are crucial for the success of the project.

20. The company granted its employees more \_\_\_\_\_ in decision-making.



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

21. The workers were due to the tight deadlines and high workload.
22. The political parties formed a to gain majority support in parliament.
23. The discovery of a new species in the forest has great ecological .
24. The repeated delays in project completion led to widespread among the team.
25. The country introduced new policies to control and regulate the influx of foreign nationals.
26. Efforts are being made to the impact of climate change through sustainable practices.
27. The country heavily relies on goods to meet consumer demands.
28. Understanding the social is essential for effective community engagement.
29. Access to affordable and quality remains a major concern for citizens.
30. The nature of the situation required a comprehensive analysis before making a decision.

**Answer**

**Multiple Choice:** 1. Protests 2. Tariffs 3. Semiconductor 4. Decline 5. Progress 6. Mitigate 7. Agreement  
8. Complex 9. Pollution 10. Healthcare

**Gap-Fill:** 11. confronted 12. congestion 13. binding 14. manufacturing 15. skepticism 16. commute 17.  
opulent 18. fluctuations 19. collaboration 20. autonomy

**Matching sentence:** 1. stressed 2. coalition 3. significance 4. frustration 5. immigration 6. mitigate 7. import  
8. dynamics 9. healthcare 10. complex

**CATEGORY**

1. Business - LEVEL4

**POST TAG**

1. B2
2. ESL learning
3. esl news
4. Level 4
5. rankings
6. stressed cities



## Tags

1. B2
2. ESL learning
3. esl news
4. Level 4
5. rankings
6. stressed cities

## Date Created

2026/02/10

## Author

aimeeyoung99

ESL-NEWS.COM