



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** /streɪst/ (adjective): Experiencing mental or emotional strain or tension.
2. **Congestion** /kən'dʒɛs.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** /'helθ,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

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Author

aimeeyoung99

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