Pre-reading

Questions:

• What kinds of stress do you have in your life?

Definitions:

• Stress – strain on the mind and/or body
• Reduce – to make less
• Nutrition – taking in food

Reading

I get stressed all the time. I get stressed when I am at home. I get stressed when I don’t have enough money, and I get stressed at work. I need to reduce my stress and learn how to handle it better. One thing that helps me feel less stressed is getting enough sleep. I try to get a good night’s sleep each night. I know that it is also important to have good nutrition. I try to eat good foods and stay away from junk food. Exercise is another way to reduce stress.

Spending time with my family makes me feel less stressed. Shopping also makes me feel good. However, I have to be careful when shopping. Too much shopping can cause me to have too little money, which can cause more stress.

Stress is a big problem in America. Many people have lots of stressors in their lives. We all need to learn ways to cope with stress.
Understanding

1. What is junk food? ____________________________________________________________

2. Where does the author feel stressed? ____________________________________________

3. Who makes the author feel less stressed? __________________________________________

4. How does shopping both help and hurt her level of stress? __________________________

5. What are four ways she copes with stress? ______________________________________

6. Do you agree with the statement, “Stress is a big problem in America”? Why or why not? ____________________________________________________________

Writing

Choice A: Retell the reading in your own words.

Choice B: Write about how you cope with stress.