

Read the following passage then answer the questions.

Stress is a terrible thing to handle particularly for those over 60. In fact, while adult population has had stress related symptoms in the last year, 80% of the women and 60% of the men had

stress, built in to our modern, busy lives. As a result, we have seen a rise in stress related symptoms. While you feel more stress, your body produces more of the hormone cortisol. As a result, the hormone gets transported from your liver and kidneys to the rest of your body. It is a natural part of your body's response to stress. It is a natural part of your body's response to stress. It is a natural part of your body's response to stress.

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If you're a person who's been stressed for a long time, it's important to know if it's increasing your blood pressure. It's a natural part of your body's response to stress.

1. What are the main points?
- |   |   |
|---|---|
| a - About 80% of women and 60% of men have had stress-related symptoms in the last year.      | b - The hormone cortisol is a natural part of your body's response to stress. |
| c - The hormone cortisol is transported from your liver and kidneys to the rest of your body. | d - Stress is a terrible thing to handle particularly for those over 60.      |
2. What are the main points?
- a - Your body produces more of the hormone cortisol when you feel more stress.  
 b - The hormone cortisol is transported from your liver and kidneys to the rest of your body.  
 c - Stress is a terrible thing to handle particularly for those over 60.  
 d - Your blood pressure may increase if you're stressed for a long time.

**Change in Mental Health**

1. What symptoms are associated with stress?  
 2. What symptoms are associated with stress?  
 3. How can you manage your stress?