



TASK 1 - ESSAY

NAME: _____

CLASS: _____

**WRITE A 5-PARAGRAPH ESSAY IN RESPONSE TO THE FOLLOWING QUESTION.
(300 – 350 WORDS)**

WHAT ARE THE EFFECTS OF STRESS ON PEOPLE?

- You are advised to plan your writing before you start.
- The ideas in the box below are given to help you produce more ideas for your essay. You can use some of them to help you, but this is **optional**.
- Your plans / notes will **not** be graded.
- The essay will be graded according to;
how well-organized your ideas are,
how fully developed and elaborated your ideas are,
how well you incorporate the language.

- **Psychological problems**
- **Being pessimistic and unhappy**
- **Committing suicide**
- **Low performance at work**
- **Lack of concentration**
- **Making mistakes**
- **Health problems**
- **Losing/putting on weight**

THE HARMFUL FEELING

Everyday people have to cope with a lot of difficulties and these difficulties cause stress in our life. Stress is a very harmful and dangerous feeling for people. In my opinion stress has three kinds of effects to people. These are bad psychology, health problems and problems in social life and business life.

To begin with, stress affects our psychology completely. Stress can make people aggressive. Because of this they are always angry and ready to fight. We argue with people easily as we do not tolerate everything. If we are stressed person, we can have concentration problem. Therefore we may

have difficulty focusing on one thing for a while. Another psychological result is we always feel not enough. We are rush all the time to finish something.

Next, stress has negative affect on heath. We can have some skin disease like acne and zips. Most importantly stress is harmful for the people who have heart disease. Those people affected quite easily so it causes heart attacks. Another harmful stress is about respiration system. Stress is a first reason of panic attacks.

Lastly, stress effects the social life and business life. You can't concentrate on your job so you can not be creative. Besides stress influence relationships which is bad. You can quarrel them easily. Finally, people may not spend time with you because you are always stressed. Therefore, you don't have friends.

I strongly believe that stress has many bad effects. Some of them are psychological, health, about social life and business life. In short, if we want a good life we shouldn't be stressed and we must protect ourselves from stress.