NAME: _____

STUDENT NUMBER:_____

EXAM ROOM: _____

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

Do you think stress affects people negatively?

- 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.

- Physical health
- Psychological health
- Relationships
- Improves concentration
- Necessary for survival
- Increases creativity

INVISIBLE DANGER

Stress is the most important problem for many people. We face many problems in our lives and these problems increase our stress level. It decreases the quality of life. In my opinion, being stressed affects our lives negatively in many ways. It affects our psychology, our social life and damages our health.

Firstly, stress affects people's psychology in a negative way. It makes people constantly feel upset, nervous and angry. For this reason they start to take drugs which are not always helpful. Besides, they may become pessimistic because of having bad mental health. When they are stressed, they cannot concentrate on even the easiest tasks. Therefore they experience chaos and tension all the time.

Next, being stressed affects our social life in a negative way. Being stressed makes people anti-social. When they are stressed, they cannot have good relations with people and they usually argue with them.

*This essay was chosen among student exam papers. / Bu kompozisyon, öğrenci sınav kağıtları arasından seçilmiştir.

Besides they cannot adapt new circumstances. New things create more tension than other same things. They find themselves in chaos due to feeling stressed. Also stress makes them get bored when they are with other people. They may not want to communicate with them. Instead they keep thinking their problems. In the end, they lose their friends.

Lastly, stress damages our health. Generally stressed people take more medicines to reduce stress but these medicines might have side effects. They make them feel tired and drowsy. It may also cause many physical problems in our bodies. Their hair can fall out; they may lose or gain weight. Stressed people are more open to illnesses. They get ill quickly. For instance, they easily get into depression or have panic attacks. These people cannot continue their life happily.

As you can see, stress is the cause of many malfunctioning of human in their lives. It disturbs their psychology, it affects their social life negatively and it damages their health. There is always stress in our life, but we can fight against it. Stress is an invisible danger and people should stay away from it.