

## Chapter - 7

### Reading with Understanding

#### Summary

Stress affects almost everyone in today's society, with students/adolescents suffering the brunt of the burden. Their stress is caused by a failure to develop tasks that are necessary for growing up and adjusting to a complicated lifestyle and society. Furthermore, young kids must live up to the expectations of their parents and teachers.

#### Important points from the chapter:

- Stress has severe detrimental consequences on students, both physically and academically. Students may be stressed as a result of poor sleeping patterns, scholastic pressure, poor nutrition, and bad eating habits.
- Stress changes general eating behaviour, which can lead to either overeating or undereating. Chronic stress has been related, either directly or indirectly, to junk food intake. Students' stress levels might grow as a result of poor nutrition and bad eating habits. Heavy stress levels in kids have been related to foods high in refined carbohydrates, sugar, and salt.
- As they confront tough professional options and must live up to the expectations of their classmates and parents, students endure identity crises.
- However, the author notes that not all stress is harmful and that a healthy amount of stress may be inspiring. Anxiety and stress may be avoided by correctly managing time, creating study habits, and consuming nutritious foods.
- Walking, bending, and yoga on a regular basis can give relaxation from the continual stress of vital activities. Increasing flexibility, adopting hobbies, thinking positively, and managing time can all help to minimize stress. Students should make smart professional selections and learn to categorize activities into A, B, and C categories to prevent stress. (A-critical tasks, B-less critical tasks, and C-routine tasks.) To minimize stress, students should exercise on a daily basis.
- Students should also develop hobbies, as hobbies give pleasure.
- Communicating feelings with parents, teachers and friends is very helpful. Students should be taught to think positively.

#### Important words from the chapter:

1. Anxiety: a feeling of worry or concern
2. Optimal: most favorable
3. Adolescent: children between 10-19 years of age
4. Brisk: active, energetic

**Evaluate yourself:**

1. “Students get stressed before examinations.” Explain the line in context to the passage.
2. Which four measures should be taken in life to reduce stress and lead a happy life?
3. Out of all the measures given in the text, which one will you suggest to your friend who is suffering from anxiety?

**Do you know?**

Students' stress levels might grow as a result of poor nutrition and bad eating habits. Heavy stress levels in students have been related to foods high in refined carbs, sugar, caffeine, and fat. This is true for a wide variety of fast, processed, and fatty meals. Stress-inducing meals include French fries, white bread, cakes, street food, manufactured snack foods, candy bars, doughnuts, energy drinks, and cokes.

**Extend your horizon:**

“Aim high, Work hard, Dream big, and don't forget to believe in yourself.”

Draw a picture of your most important goal. Think and write the preparation required for you to achieve your goal.