



INSTITUCION EDUCATIVA DISTRITAL GONZALO ARANGO

JORNADA MAÑANA

LOC. 11 DE SUBA.

DANE 111001104388. Resolución 2564 del 26 de junio de 2007

NIT. 900173145-6

“COMUNICACIÓN ASERTIVA PARA EL DESARROLLO HUMANO”

ESTRATEGIA: “APRENDER EN CASA”

TERCER PERIODO



AREA: Inglés

NOMBRE ESTUDIANTE: _____ CURSO: _____

QUÉ DEBES HACER:

- 1) Lee las instrucciones de cada uno de las actividades.
- 2) Soluciona el ejercicio.
- 3) En tu cuaderno, haz una lista de vocabulario desconocido.
- 4) Recuerda tomar nota de las preguntas y/o dificultades que puedas tener al desarrollar la guía.
- 5) Necesitas ser muy organizado al realizar las actividades. De tu orden, responsabilidad, compromiso e interés, dependerá tu proceso de aprendizaje

CRONOGRAMA DE LA ACTIVIDAD– CLICK

	DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
Jul. 2020	19	20	21	22	23	24	25	GUIA # 1
		FESTIVO	TRABAJO PERSONAL			ENTREGA RESPUESTAS		
	26	27	28	29	30	31	1	901
			CLASE VIRTUAL			EVALUACION		

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CRITERIOS DE CALIFICACIÓN : 5.0

PUNTUALIDAD Y PRECISIÓN EN LAS RESPUESTAS:	30 %
LISTA DE VOCABULARIO DE LA GUÍA:	10 %
ASISTENCIA CLASE VIRTUAL:	10 %
RESULTADO DE LA EVALUACIÓN:	40 %
AUTOEVALUACIÓN:	10 %

CRITERIOS DE AUTOVALUACIÓN– envía tu AUTOEVALUACIÓN dando CLICK acá

Realizo responsablemente las actividades contenidas en la guía de Inglés

Soy responsable en la realización de la lista de vocabulario desconocido, llevando un cuaderno ordenado.

Asisto puntualmente a clases virtuales, pidiendo aclaración de dudas, inquietudes y haciendo comentarios a lugar

Estudio y preparo mis evaluaciones de manera responsable y pido retroalimentación de ellas.

Realizo mi autoevaluación teniendo en cuenta mi desempeño académico durante el desarrollo de la presente guía.

TOTAL



The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

STOP THE
WORLD
I WANT TO
GET OFF

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomachaches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.



Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.



NOW ANSWER THE QUESTIONS

The Effects of Stress - ANSWERS

[CLICK PARA IR A FORMULARIO DE RESPUESTAS](#)

