

## **Stress in the workplace [Stress no local de trabalho]**

**Texto e áudio – Nível de dificuldade baixo/médio.**

*Vamos praticar?*

*Aqui você encontra um texto para praticar leitura e listening.*

*Abaixo do texto há um link do site Acapelabox para você praticar seu listening.*

### **Stress in the workplace**

Many studies show that job stress is the major source of stress for American adults and that it increased last decades.

High levels of job stress because of having little control but lots of demands are associated with increased numbers of heart attack, hypertension and other disorders.

### **Common sources of work stress:**

- Low salaries;
- Excessive workloads;
- Few opportunities for growth ;
- Work that isn't engaging or challenging;
- Lack of benefits;
- Not having enough control of the decisions;
- Conflicting demands.

### **Effects of uncontrolled stress**

In the short term, a stressful work environment can contribute to problems as headache, stomachache, sleep disturbs, short temper and difficulty of concentrating.

Considering this problem, stressed people often have unhealthy habits as overeating, eating unhealthy foods, smoking cigarettes or abusing drugs and alcohol.

Adapted from: <http://www.stress.org/workplace-stress/>

**ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.**