

## STRESS AND HEALTH. DISCUSSION QUESTIONS

Take turns to answer these questions in pairs.

Remember your partner's answers!

1. Can we do anything to stay healthy?
2. How good is the healthcare system in your country?
3. Have you ever stopped / started doing something for your health?
4. Who's a hypochondriac? Do you know any hypochondriacs?
5. What health problems do you worry about most?
6. There should be no free treatment for smoking addicts and alcoholics.  
Do you agree?
7. Is life becoming more  
or less stressful?
8. What stresses you  
out?
9. How dangerous do  
you think stress is?
10. Can stress be a  
positive thing?

