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Level 4 – 23rd March 2026

Negative people might make us age more quickly

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<https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

From good friends to bad co-workers, our relations can affect our stress more than jobs and money. A new study suggests that the people around us can affect how long we live. Researchers focused on the effect that people called "hasslers" had on us. A hassler is someone annoying who hassles us. A researcher said, "having more hasslers is associated with accelerated biological aging...and how much wear and tear [people] have on their body".

Researchers questioned people about hasslers. Around one third of the participants knew at least one hassler. About 10 per cent had at least two hasslers. Each additional hassler was linked with a 1.5 per cent faster pace of aging. The researcher highlighted the negative effects of accumulated stress from hasslers, saying: "When you experience that chronically, over and over again, it has this long-term effect on the body."

Sources: <https://www.sciencealert.com/each-stressful-person-in-your-life-may-age-you-by-months-study-finds>
<https://www.dw.com/en/dealing-with-annoying-people-might-make-you-age-faster/a-76335924>
<https://www.cbc.ca/radio/thecurrent/hasslers-study-negative-people-9.7124224>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-------------------------|
| 1. toxic | a. conducted a study |
| 2. our relations can | b. that |
| 3. A new study suggests | c. longevity |
| 4. negatively affect our | d. aging |
| 5. Scientists in the USA | e. "hasslers" had on us |
| 6. the effect that people called | f. co-workers |
| 7. accelerated biological | g. tear |
| 8. wear and | h. affect our stress |

PARAGRAPH TWO:

- | | |
|-------------------------------|------------------------|
| 1. around one third | a. over again |
| 2. 10 per cent had at | b. accumulated stress |
| 3. a 1.5 per cent faster pace | c. of aging |
| 4. back to | d. effect on the body |
| 5. the negative effects of | e. least two hasslers |
| 6. When you experience that | f. normal |
| 7. over and | g. chronically |
| 8. it has this long-term | h. of the participants |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

From good friends (1) _____, our relations can affect our stress more than (2) _____. A new study suggests that the people around us (3) _____ long we live. Researchers focused on (4) _____ people called "hasslers" had on us. A hassler is someone annoying (5) _____. A researcher said, "having more hasslers is associated with accelerated biological aging...and how much (6) _____ [people] have on their body".

Researchers (7) _____ hasslers. Around one third of the participants (8) _____ one hassler. About 10 per cent had at least two hasslers. Each additional hassler was (9) _____ 1.5 per cent faster (10) _____. The researcher highlighted the negative (11) _____ stress from hasslers, saying: "When you experience that chronically, over and over again, it has this (12) _____ on the body."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

From good friends to bad co-workers, our relations can affect our stress more than jobs and money. A new study suggests that the people around us can affect how long we live. Researchers focused on the effect that people called "hasslers" had on us. A hassler is someone annoying who hassles us. As researchers said, "having more hasslers is associated with accelerated biological aging... and how much wear and tear [people] have on their body". Researchers questioned people about hasslers. Around one third of the participants knew at least one hassler. About 10 percent had at least two hasslers. Each additional hassler was linked with a 1.5 percent faster pace of aging. The researcher highlighted the negative effects of accumulated stress from hasslers, saying: "When you experience that chronically, over and over again, it has this long-term effect on the body."

NEGATIVE PEOPLE SURVEY

From <https://breakingnewsenglish.com/2603/260323-negative-people-4.html>

Write five GOOD questions about negative people in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

