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Level 5 – 23rd March 2026

Negative people might make us age more quickly

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<https://breakingnewsenglish.com/2603/260323-negative-people-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2603/260323-negative-people-5.html>

From good friends to toxic co-workers, our relations can affect our stress more than our jobs, finances, or even our diet. A new study suggests that who is around us can negatively affect our longevity. Scientists in the USA conducted a study on how the people around us can impact our stress. The researchers focused on the effect that people called "hasslers" had on us. A hassler is someone annoying who hassles us. Professor Brea Perry 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 the hasslers in their lives. Dr Perry said around one third of the participants knew at least one hassler. She said about 10 per cent had at least two hasslers. Each additional hassler was linked with a 1.5 per cent faster pace of aging. Perry added: "It can actually take days for that stress response to drop and for your body to go back to normal." She 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-5.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|----------------------|
| 1. toxic co- | a. who hassles us |
| 2. our relations can | b. workers |
| 3. A new study suggests | c. aging |
| 4. negatively affect our | d. impact our stress |
| 5. how the people around us can | e. affect our stress |
| 6. A hassler is someone annoying | f. that |
| 7. accelerated biological | g. tear people have |
| 8. how much wear and | h. longevity |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-----------------------|
| 1. Researchers questioned people | a. over again |
| 2. the participants knew at | b. pace of aging |
| 3. linked with a 1.5 per cent faster | c. stress |
| 4. for your body to go | d. least one hassler |
| 5. negative effects of accumulated | e. effect on the body |
| 6. When you experience that | f. about the hasslers |
| 7. over and | g. chronically |
| 8. it has this long-term | h. back to normal |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2603/260323-negative-people-5.html>

From good friends (1) _____, our relations can affect our stress more than (2) _____, or even our diet. A new study suggests that who is around us (3) _____ our longevity. Scientists in the USA conducted a study on how the people around (4) _____ our stress. The researchers focused on the effect that people called "hasslers" had on us. A hassler is someone annoying (5) _____. Professor Brea Perry said, "having more hasslers is associated with accelerated biological aging...and how much (6) _____ [people] have on their body".

Researchers questioned people about the hasslers (7) _____. Dr Perry said around one third of the participants (8) _____ one hassler. She said about 10 per cent had at least two hasslers. Each additional hassler was linked with a 1.5 per cent faster (9) _____. Perry added: "It can actually take days for that stress response to drop and for your body to go (10) _____." She highlighted the negative effects of accumulated stress from hasslers, saying: "When you experience that chronically, over (11) _____, it has this (12) _____ on the body."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2603/260323-negative-people-5.html>

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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) _____

