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**Level 6 – 23rd March 2026**

## Negative people might make us age more quickly

**FREE online quizzes, mp3 listening and more for this lesson here:**

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

From supportive friendships to toxic colleagues, our relationships can shape our stress levels more than our jobs, finances, or even our diet and health habits. A new study suggests that who we surround ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA conducted a study on how the people around us can impact the stress in our lives. The researchers focused on the effect people called "hasslers" had on us. A hassler is an annoying individual who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers is associated with accelerated biological aging...and how much wear and tear [people] have on their body".

The study is published in the journal PNAS. Researchers questioned participants about the difficult relationships in their lives to identify hasslers. Dr Perry found around one third of the participants had at least one hassler in their social network. She said about 10 per cent had at least two hasslers. She suggested that each additional hassler was associated 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 adverse 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>

# WARM-UPS

**1. NEGATIVE PEOPLE:** Students walk around the class and talk to other students about negative people. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

supportive friendships / toxic colleagues / stress / diet / hassle / aging / wear and tear  
study / journal / relationships / social network / body / normal / experience

Have a chat about the topics you liked. Change topics and partners frequently.

**3. PEOPLE MANAGEMENT:** Students A **strongly** believe we should all take people management courses so negative people do not stress us; Students B **strongly** believe not. Change partners again and talk about your conversations.

**4. MY SOCIAL NETWORK:** Who in your social network is negative? What do they do that makes them negative? What can you do to reverse their negativity? Complete this table with your partner(s). Change partners often and share what you wrote.

	Who	What They Do	Reversing the Negativity
Family			
Friends			
Neighbours			
Online			
Work/School			
In your town			

**5. TOXIC:** Spend one minute writing down all of the different words you associate with the word "toxic". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. STRESSFUL PEOPLE:** Rank these with your partner. Put the most stressful at the top. Change partners often and share your rankings.

- A micromanaging boss
- An always-jealous friend
- An overly-demanding family member
- A one-upper
- A chronic borrower
- A non-stop crisis person
- A personal space ignorer
- A super-lazy friend

# VOCABULARY MATCHING

## Paragraph 1

- |                         |   |
|-------------------------|---|
| 1. toxic                | a. Your money and how you use it.                   |
| 2. finances (noun)      | b. A long life.                                     |
| 3. surround             | c. Damage that happens slowly over time.            |
| 4. longevity            | d. To be all around something or someone.           |
| 5. annoying             | e. Small problems or difficulties.                  |
| 6. hassles (noun)       | f. Very bad or harmful.                             |
| 7. wear and tear (noun) | g. Making you feel a little angry or uncomfortable. |

## Paragraph 2

- |                 |   |
|-----------------|---|
| 8. participants | h. To find and say what something or someone is.      |
| 9. identify     | i. Connected or related to something.                 |
| 10. associated  | j. In a long-lasting or habitual and problematic way. |
| 11. pace (noun) | k. Bad or harmful.                                    |
| 12. adverse     | l. The speed of something.                            |
| 13. accumulated | m. People who take part in something.                 |
| 14. chronically | n. Collected or built up over time.                   |

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says toxic colleagues destroy supportive friendships. **T / F**
2. The research is from a university in India. **T / F**
3. The research focused on how "hasslers" affect people's longevity. **T / F**
4. A researcher said stress from hasslers can add to bodily wear and tear. **T / F**
5. Every research participant knew at least two hasslers. **T / F**
6. One additional hassler can increase the pace of aging by 1.5 per cent. **T / F**
7. A researcher said it can take months for the body to destress. **T / F**
8. The researcher said chronic stress has short-term effects on the body. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                         |                  |
|-------------------------|------------------|
| 1. <b>supportive</b>    | a. harmful       |
| 2. <b>toxic</b>         | b. damage        |
| 3. <b>conducted</b>     | c. inconvenience |
| 4. <b>hassle</b>        | d. poisonous     |
| 5. <b>wear and tear</b> | e. recognize     |
| 6. <b>identify</b>      | f. persistently  |
| 7. <b>pace</b>          | g. helpful       |
| 8. <b>adverse</b>       | h. heaped up     |
| 9. <b>accumulated</b>   | i. speed         |
| 10. <b>chronically</b>  | j. carried out   |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                            |
|--|----------------------------|
| 1. toxic                               | a. aging                   |
| 2. who we surround                     | b. of accumulated stress   |
| 3. the people around us can impact     | c. tear                    |
| 4. accelerated biological              | d. effect on the body      |
| 5. wear and                            | e. ourselves with          |
| 6. a 1.5 per cent faster               | f. back to normal          |
| 7. for your body to go                 | g. over and over again     |
| 8. She highlighted the adverse effects | h. colleagues              |
| 9. you experience that chronically,    | i. pace of aging           |
| 10. this long-term                     | j. the stress in our lives |

# GAP FILL

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

From supportive friendships to (1) \_\_\_\_\_ colleagues, our relationships can (2) \_\_\_\_\_ our stress levels more than our jobs, finances, or even our (3) \_\_\_\_\_ and health habits. A new study suggests that who we surround ourselves with can negatively affect our (4) \_\_\_\_\_. Scientists at Indiana University in the USA conducted a study on how the people around us can (5) \_\_\_\_\_ the stress in our lives. The researchers focused on the effect people called "hasslers" had on us. A hassler is an (6) \_\_\_\_\_ individual who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers is associated with accelerated (7) \_\_\_\_\_ aging...and how much wear and (8) \_\_\_\_\_ [people] have on their body".

*impact*  
*shape*  
*annoying*  
*tear*  
*toxic*  
*longevity*  
*biological*  
*diet*

The study is published in the (9) \_\_\_\_\_ PNAS. Researchers questioned participants about the difficult relationships in their lives to (10) \_\_\_\_\_ hasslers. Dr Perry found around one third of the participants had at (11) \_\_\_\_\_ one hassler in their social network. She said about 10 per cent had at least two hasslers. She suggested that each additional hassler was (12) \_\_\_\_\_ with a 1.5 per cent faster (13) \_\_\_\_\_ of aging. Perry added: "It can actually take days for that stress response to (14) \_\_\_\_\_ and for your body to go back to normal." She highlighted the (15) \_\_\_\_\_ effects of accumulated stress from hasslers, saying: "When you experience that (16) \_\_\_\_\_, over and over again, it has this long-term effect on the body."

*drop*  
*journal*  
*least*  
*pace*  
*chronically*  
*identify*  
*adverse*  
*associated*

# LISTENING – Guess the answers. Listen to check.

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

- 1) From supportive friendships to toxic colleagues, our relationships can shape \_\_\_\_\_
  - a. our stresses levels
  - b. our stressing levels
  - c. our stressful levels
  - d. our stress levels
- 2) who we surround ourselves with can negatively \_\_\_\_\_
  - a. effect our longevity
  - b. infect our longevity
  - c. reflect our longevity
  - d. affect our longevity
- 3) a study on how the people around us can impact the stress \_\_\_\_\_
  - a. in our lives
  - b. at our lives
  - c. by our lives
  - d. to our lives
- 4) A hassler is an annoying individual who \_\_\_\_\_
  - a. regularly hustles us
  - b. regularly hurries us
  - c. regularly hassles us
  - d. regularly hassocks us
- 5) having more hasslers is associated with \_\_\_\_\_
  - a. accelerated biologically aging
  - b. accelerated biological aging
  - c. accelerated biological age in
  - d. accelerated biological engaging
- 6) questioned participants about the difficult relationships in their lives \_\_\_\_\_
  - a. to indemnify hasslers
  - b. to identity hasslers
  - c. to identify hasslers
  - d. to identikit hasslers
- 7) one third of the participants had at least one hassler in \_\_\_\_\_
  - a. their social networked
  - b. their socially network
  - c. their social network
  - d. them social network
- 8) each additional hassler was associated with a 1.5 per cent faster \_\_\_\_\_
  - a. apace of aging
  - b. pace of aging
  - c. pace off aging
  - d. pace of age in
- 9) It can actually take days for that stress \_\_\_\_\_
  - a. responds to drop
  - b. respond to drop
  - c. response to drop
  - d. responsible to drop
- 10) When you experience that chronically, over \_\_\_\_\_
  - a. and under again
  - b. and up again
  - c. and over again
  - d. and over then

# LISTENING – Listen and fill in the gaps

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

From supportive friendships (1) \_\_\_\_\_, our relationships can shape our stress levels more than our jobs, finances, or even our (2) \_\_\_\_\_ habits. A new study suggests that who we surround ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA (3) \_\_\_\_\_ on how the people around us can (4) \_\_\_\_\_ in our lives. The researchers focused on the effect people called "hasslers" had on us. A hassler is an annoying individual who (5) \_\_\_\_\_. Lead researcher Professor Brea Perry said, "having more hasslers is associated with accelerated biological aging...and how much (6) \_\_\_\_\_ [people] have on their body".

The study is published (7) \_\_\_\_\_ PNAS. Researchers questioned participants about the difficult relationships in their lives to identify hasslers. Dr Perry found around one third of the participants (8) \_\_\_\_\_ one hassler in their social network. She said about 10 per cent had at least two hasslers. She (9) \_\_\_\_\_ additional hassler was associated with a 1.5 per cent faster pace of aging. Perry added: "It can actually take days for that stress (10) \_\_\_\_\_ and for your body to go back to normal." She highlighted the (11) \_\_\_\_\_ accumulated stress from hasslers, saying: "When you experience that chronically, over and over again, it has this (12) \_\_\_\_\_ on the body."

# COMPREHENSION QUESTIONS

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

1. What can shape our stress levels besides supportive friendships?
2. What does who we surround ourselves with negatively affect?
3. What university is this research from?
4. What are negative people called who give us stress?
5. What can rise in the body because of negative people, besides stress?
6. What is PNAS?
7. What did Dr Perry say one third of test participants had in their lives?
8. How many negative people did 10% of test participants know?
9. How long did Dr Perry say it can take for stress to disappear?
10. What effect does accumulated stress have on the body?

# MULTIPLE CHOICE - QUIZ

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

- 1) What can shape our stress levels besides supportive friendships?
  - a) joining social networks
  - b) exercise
  - c) toxic colleagues
  - d) reading news
- 2) What does who we surround ourselves with negatively affect?
  - a) our longevity
  - b) our finances
  - c) our free time
  - d) our intelligence
- 3) What university is this research from?
  - a) India University
  - b) Indiana University
  - c) Indigo University
  - d) Independente University
- 4) What are negative people called who give us stress?
  - a) bullies
  - b) fools
  - c) Bob
  - d) hasslers
- 5) What can rise in the body because of negative people, besides stress?
  - a) wearables
  - b) sniffs and tears
  - c) wear and tear
  - d) hair and tears
- 6) What is PNAS?
  - a) a destressing clinic
  - b) a journal
  - c) a hospital
  - d) a university
- 7) What did Dr Perry say one third of test participants had in their lives?
  - a) money worries
  - b) health problems
  - c) amazing friends
  - d) hasslers
- 8) How many negative people did 10% of test participants know?
  - a) three
  - b) at least two
  - c) just one
  - d) none
- 9) How long did Dr Perry say it can take for stress to disappear?
  - a) hours
  - b) days
  - c) weeks
  - d) months
- 10) What effect does accumulated stress have on the body?
  - a) a long-term effect
  - b) a detrimental effect
  - c) a lethal effect
  - d) a treatable effect

# ROLE PLAY

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

## **Role A – A Super-lazy Friend**

You think a super-lazy friend is the most stressful person. Tell the others three reasons why. Tell them why their people aren't as stressful. Also, tell the others which is the least stressful of these (and why): a one-upper, an overly-demanding family member or a personal space ignorer.

## **Role B – A One-upper**

You think a one-upper is the most stressful person. Tell the others three reasons why. Tell them why their people aren't as stressful. Also, tell the others which is the least stressful of these (and why): a super-lazy friend, an overly-demanding family member or a personal space ignorer.

## **Role C – An Overly-demanding Family Member**

You think an overly-demanding family member is the most stressful person. Tell the others three reasons why. Tell them why their people aren't as stressful. Also, tell the others which is the least stressful of these (and why): a one-upper, a super-lazy friend or a personal space ignorer.

## **Role D – A Personal Space Ignorer**

You think a personal space ignorer is the most stressful person. Tell the others three reasons why. Tell them why their people aren't as stressful. Also, tell the others which is the least stressful of these (and why): a one-upper, an overly-demanding family member or a super-lazy friend.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'negative' and 'friendships'.

<b>negative</b>	<b>friendships</b>
-----------------	--------------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• toxic</li><li>• surround</li><li>• conducted</li><li>• focused</li><li>• regularly</li><li>• wear</li></ul>	<ul style="list-style-type: none"><li>• difficult</li><li>• third</li><li>• least</li><li>• pace</li><li>• normal</li><li>• over</li></ul>
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# NEGATIVE PEOPLE SURVEY

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

# NEGATIVE PEOPLE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'friendship'?
3. What are your friends like?
4. Are all of your friends true friends?
5. How much stress do your friends cause you?
6. What are your colleagues like?
7. How much stress does your family give you?
8. What can we do about toxic colleagues?
9. What hassles are there in your life?
10. How worried are you that other people may affect your longevity?

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# NEGATIVE PEOPLE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'stress'?
13. What do you think about what you read?
14. How much stress do you give other people?
15. What do you do when you are with people you dislike?
16. What do you do to reduce your stress levels?
17. Should we tell people if they are being negative?
18. Are there times when stress is good for us?
19. Are you more negative or positive about life?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

From supportive friendships to (1) \_\_\_\_\_ colleagues, our relationships can shape our stress levels more than our jobs, (2) \_\_\_\_\_, or even our diet and health habits. A new study suggests that who we surround ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA (3) \_\_\_\_\_ a study on how the people around us can impact the stress in our lives. The researchers focused on the effect people called "hasslers" had (4) \_\_\_\_\_ us. A hassler is an annoying individual who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers (5) \_\_\_\_\_ associated with accelerated biological aging...and how much wear and (6) \_\_\_\_\_ [people] have on their body".

The study is published in the journal PNAS. Researchers questioned participants about the difficult relationships in their lives to (7) \_\_\_\_\_ hasslers. Dr Perry found around one third of the participants had at (8) \_\_\_\_\_ one hassler in their social network. She said about 10 per cent had at least two hasslers. She suggested that each additional hassler was associated with a 1.5 per cent faster (9) \_\_\_\_\_ of aging. Perry added: "It can actually take days for that stress response (10) \_\_\_\_\_ drop and for your body to go back to normal." She highlighted the (11) \_\_\_\_\_ effects of accumulated stress from hasslers, saying: "When you experience that chronically, over and (12) \_\_\_\_\_ again, it has this long-term effect on the body."

**Put the correct words from the table below in the above article.**

- |     |               |                |               |              |
|-----|---------------|----------------|---------------|--------------|
| 1.  | (a) maxim     | (b) nexus      | (c) sixth     | (d) toxic    |
| 2.  | (a) finaglers | (b) financials | (c) fiancés   | (d) finances |
| 3.  | (a) contrived | (b) conducted  | (c) conducive | (d) converse |
| 4.  | (a) in        | (b) at         | (c) on        | (d) of       |
| 5.  | (a) are       | (b) be         | (c) is        | (d) get      |
| 6.  | (a) tear      | (b) fear       | (c) bear      | (d) sear     |
| 7.  | (a) indemnify | (b) identify   | (c) identity  | (d) rectify  |
| 8.  | (a) least     | (b) lest       | (c) last      | (d) lost     |
| 9.  | (a) apace     | (b) pace       | (c) paced     | (d) pact     |
| 10. | (a) at        | (b) of         | (c) to        | (d) as       |
| 11. | (a) reverse   | (b) converse   | (c) adverse   | (d) verse    |
| 12. | (a) above     | (b) below      | (c) under     | (d) over     |

# SPELLING

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

## Paragraph 1

1. vpureopist friendships
2. toxic elecgsualo
3. who we usrndour ourselves with
4. negatively affect our olytigven
5. hassler is an annoying ialiidudvn
6. eectaeclrda biological aging

## Paragraph 2

7. Researchers questioned stanictrppia
8. yidfinet hasslers
9. iotcaasdse with a 1.5 per cent faster pace
10. highlighted the seervda effects
11. cadtuelamc stress from hasslers
12. inhcaclolry, over and over again

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) back to normal." She highlighted the adverse effects of accumulated stress from
- ( **1** ) From supportive friendships to toxic colleagues, our relationships can shape our stress
- ( ) hasslers, saying: "When you experience that chronically, over and over again, it has this long-term effect on the body."
- ( ) levels more than our jobs, finances, or even our diet and health habits. A new study suggests that who we surround
- ( ) on the effect people called "hasslers" had on us. A hassler is an annoying individual who regularly hassles
- ( ) ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA conducted a
- ( ) pace of aging. Perry added: "It can actually take days for that stress response to drop and for your body to go
- ( ) participants about the difficult relationships in their lives to identify hasslers. Dr Perry found around one
- ( ) study on how the people around us can impact the stress in our lives. The researchers focused
- ( ) The study is published in the journal PNAS. Researchers questioned
- ( ) third of the participants had at least one hassler in their social network. She said about 10 per cent had at least
- ( ) two hasslers. She suggested that each additional hassler was associated with a 1.5 per cent faster
- ( ) us. Lead researcher Professor Brea Perry said, "having more hasslers is associated
- ( ) with accelerated biological aging...and how much wear and tear [people] have on their body".

# PUT THE WORDS IN THE RIGHT ORDER

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

1. can levels Our our relationships shape stress .
2. affects longevity negatively ourselves surround we Who with .
3. around can impact our people stress The us .
4. called effect had hasslers on people The us .
5. and have How much people tear wear .
6. about difficult participants questioned relationships Researchers the .
7. days drop for It responses stress takes to .
8. accumulated adverse effects highlighted of She stress the .
9. again and chronically experience over over that You .
10. body effect has It long-term on the this .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

From *supportive / supports* friendships to toxic colleagues, our relationships can shape our stress levels more than our jobs, *fiancés / finances*, or even our diet and health habits. A new study suggests that who we *surrender / surround* ourselves with can negatively *affect / effect* our *longevity / longing*. Scientists at Indiana University in the USA conducted a study on how the people around us can impact the stress *on / in* our lives. The researchers focused on the effect people called "hasslers" had *in / on* us. A hassler is an annoying *individual / individually* who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers is associated with *accelerated / acceleration* biological aging...and how much wear and *tear / fear* [people] have on their body".

The study is *publication / published* in the journal PNAS. Researchers questioned participants about the *difficulty / difficult* relationships in their lives to *identity / identify* hasslers. Dr Perry found around one third of the participants had at *last / least* one hassler in their social network. She said about 10 per cent had at least two *hassles / hasslers*. She suggested that each additional hassler was associated with a 1.5 per cent faster *apace / pace* of aging. Perry added: "It can actually *give / take* days for that stress response to drop and *for / by* your body to go back to normal." She highlighted the *reverse / adverse* effects of accumulated stress from hasslers, saying: "When you experience that chronically, over and *under / over* again, it has this long-term effect on the body."

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

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

Fr\_m s\_pp\_rt\_v\_ fr\_\_ndsh\_ps t\_ t\_x\_c c\_ll\_\_g\_\_s, \_\_r  
r\_l\_t\_\_nsh\_ps c\_n sh\_p\_ \_\_r str\_ss l\_v\_ls m\_r\_ th\_n  
\_\_r j\_bs, f\_n\_nc\_s, \_r \_v\_n \_\_r d\_\_t \_\_nd h\_\_lth  
h\_b\_ts. \_ n\_w st\_dy s\_gg\_sts th\_t wh\_ w\_ s\_rr\_\_nd  
\_\_rs\_lv\_s w\_th c\_n n\_g\_t\_v\_ly \_ff\_ct \_\_r l\_ng\_v\_ty.  
Sc\_\_nt\_sts \_t \_\_nd\_\_n\_ \_n\_v\_rs\_ty \_n th\_ \_S\_  
c\_nd\_ct\_d \_ st\_dy \_n h\_w th\_ p\_\_pl\_ r\_\_nd \_s c\_n  
\_mp\_ct th\_ str\_ss \_n \_\_r l\_v\_s. Th\_ r\_s\_\_rch\_rs  
f\_c\_s\_d \_n th\_ \_ff\_ct p\_\_pl\_ c\_ll\_d "h\_ssl\_rs" h\_d \_n  
\_s. \_ h\_ssl\_r \_s \_n \_nn\_y\_ng \_\_nd\_v\_d\_\_l wh\_ r\_g\_l\_rly  
h\_ssl\_s \_s. L\_\_d r\_s\_\_rch\_r Pr\_f\_ss\_r Br\_\_ P\_rry s\_\_d,  
"h\_v\_ng m\_r\_ h\_ssl\_rs \_s \_ss\_c\_\_t\_d w\_th \_cc\_l\_r\_t\_d  
b\_\_l\_g\_c\_l \_g\_ng...\_\_nd h\_w m\_ch w\_\_r \_\_nd t\_\_r  
[p\_\_pl\_] h\_v\_ \_n th\_\_r b\_dy".

Th\_ st\_dy \_s p\_bl\_sh\_d \_n th\_ j\_\_rn\_l P\_N\_S.  
R\_s\_\_rch\_rs q\_\_st\_\_n\_d p\_rt\_c\_p\_nts \_b\_\_t th\_ d\_ff\_c\_l\_t  
r\_l\_t\_\_nsh\_ps \_n th\_\_r l\_v\_s t\_ \_d\_\_nt\_fy h\_ssl\_rs. Dr  
P\_rry f\_\_nd r\_\_nd \_n\_ th\_r\_d \_f th\_ p\_rt\_c\_p\_nts h\_d  
\_t l\_\_st \_n\_ h\_ssl\_r \_n th\_\_r s\_c\_\_l n\_tw\_rk. Sh\_  
s\_\_d \_b\_\_t 10 p\_r c\_nt h\_d \_t l\_\_st tw\_ h\_ssl\_rs.  
Sh\_ s\_gg\_st\_d th\_t \_\_ch \_dd\_t\_\_n\_l h\_ssl\_r w\_s  
\_ss\_c\_\_t\_d w\_th \_ 1.5 p\_r c\_nt f\_st\_r p\_c\_ \_f \_g\_ng.  
P\_rry \_dd\_d: "\_t c\_n \_ct\_\_lly t\_k\_ d\_ys f\_r th\_t  
str\_ss r\_sp\_ns\_ t\_ dr\_p \_\_nd f\_r y\_\_r b\_dy t\_ g\_ b\_ck  
t\_ n\_rm\_l." Sh\_ h\_ghl\_gh\_t\_d th\_ \_\_dv\_rs\_ \_ff\_cts \_f  
\_cc\_m\_l\_t\_d str\_ss fr\_m h\_ssl\_rs, s\_y\_ng: "Wh\_n y\_\_  
\_xp\_r\_\_nc\_ th\_t chr\_n\_c\_lly, \_v\_r \_\_nd \_v\_r \_g\_\_n, \_t  
h\_s th\_s l\_ng-t\_rm \_ff\_ct \_n th\_ b\_dy."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

from supportive friendships to toxic colleagues our relationships can shape our stress levels more than our jobs finances or even our diet and health habits a new study suggests that who we surround ourselves with can negatively affect our longevity scientists at indiana university in the usa conducted a study on how the people around us can impact the stress in our lives the researchers focused on the effect people called hasslers had on us a hassler is an annoying individual who regularly hassles us lead researcher professor brea perry said having more hasslers is associated with accelerated biological aging and how much wear and tear people have on their body

the study is published in the journal pnas researchers questioned participants about the difficult relationships in their lives to identify hasslers dr perry found around one third of the participants had at least one hassler in their social network she said about 10 per cent had at least two hasslers she suggested that each additional hassler was associated with a 15 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 adverse effects of accumulated stress from hasslers saying when you experience that chronically over and over again it has this longterm effect on the body

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

From supportive friendship to toxic colleagues, our relationships can shape our stress levels more than our jobs, finances, or even our diet and health habits. A new study suggests that who we surround ourselves with can negatively affect our longevity. Scientists at Indiana University in the USA conducted a study on how the people around us can impact the stress in our lives. The researchers focused on the effect people called "hasslers" had on us. A hassler is an annoying individual who regularly hassles us. Lead researcher Professor Brea Perry said, "having more hasslers is associated with accelerated biological aging... and how much wear and tear [people] have on their body". The study is published in the journal PNAS. Researchers questioned participants about the difficult relationships in their lives to identify hasslers. Dr Perry found around one third of the participants had at least one hassler in their social network. She said about 10 percent had at least two hasslers. She suggested that each additional hassler was associated with a 1.5 percent 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 adverse 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."





# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. LONGEVITY:** Make a poster about longevity. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. NEGATIVE PEOPLE:** Write a magazine article about all of us ignoring the negative people in our lives. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on negative people. Ask him/her three questions about them. Give him/her three of your ideas on how to deal with them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. f    2. a    3. d    4. b    5. g    6. e    7. c  
8. m    9. h    10. i    11. l    12. k    13. n    14. j

## TRUE / FALSE (p.5)

- 1 F    2 F    3 T    4 T    5 F    6 T    7 F    8 F

## SYNONYM MATCH (p.5)

1. g	2. d	3. j	4. c	5. b
6. e	7. i	8. a	9. h	10. f

## COMPREHENSION QUESTIONS (p.9)

- Toxic colleagues
- Our longevity
- Indiana University
- Hasslers
- Wear and tear
- A journal
- Hasslers
- At least two
- Days
- A long-term effect

## WORDS IN THE RIGHT ORDER (p.19)

- Our relationships can shape our stress levels.
- Who we surround ourselves with negatively affects longevity.
- The people around us can impact our stress.
- The effect people called hasslers had on us.
- How much wear and tear people have.
- Researchers questioned participants about the difficult relationships.
- It takes days for stress responses to drop.
- She highlighted the adverse effects of accumulated stress.
- You experience that chronically over and over again.
- It has this long-term effect on the body.

## MULTIPLE CHOICE - QUIZ (p.10)

1. c    2. a    3. b    4. d    5. c    6. b    7. d    8. b    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)