



# What and why

Our aim is to help you in your approach and understanding of academic material in any subject and gain more confidence.

**All of the words used will appear on GCSE exam papers.**

***This week's word is...***

**Stress**

**[stres]**

# Stress

## Synonyms

- Weight
- Accent
- Importance
- Significance
- Urgency
- Tense
- Burden
- Strain
- Repeat
- Underline

## Origin of the word

1275–1325; (noun) Middle English *stresse*, aphetic variant of *distresse* distress; (v.) derivative of the noun

*History snippet:*

Marco Polo purportedly visits Xanadu, Kublai Khan's summer capital of the Yuan Dynasty

[https://en.wikipedia.org/wiki/Marco\\_Polo](https://en.wikipedia.org/wiki/Marco_Polo)

# Stress

## Noun

- importance attached to a thing: *to lay stress upon good manners.*
- *Phonetics*. emphasis in the form of prominent relative loudness of a syllable or a word as a result of special effort in utterance.
- *Prosody*. accent or emphasis on syllables in a metrical pattern; beat.
- emphasis in melody, rhythm, etc.; beat.
- the physical pressure, pull, or other force exerted on one thing by another; strain.
- *Physiology*. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium of an organism.
- physical, mental, or emotional strain or tension: *Worry over his job and his wife's health put him under a great stress.*
- a situation, occurrence, or factor causing this: *The stress of being trapped in the elevator gave him a pounding headache.*
- *Archaic*. strong or straining exertion.

# Stress

## Verb (used with an object)

to lay stress on; emphasize.

*Phonetics.* to pronounce (a syllable or a word) with prominent loudness: *Stress the first syllable of “runner.” Stress the second word in “put up with.”*

to subject to stress or strain.

*Mechanics.* to subject to stress.

# Stress

*verb (used without object)*

to experience stress or worry: *Don't stress about the turkey; I promise it will be delicious. Dad is always stressing out over his job.*



# Stressing words

The following sentence has seven possible meanings depending on which word you stress.

*I didn't say she stole your money.*

Read it aloud and stress a different word each time.

What are the seven different interpretations of this sentence?



# Stress fractures



Stress fractures:

Bones

Metal

Concrete

Bridges

Cars

Houses

# Stress

Use the word '**Stress**' to earn points!

Use the word of the week in your writing or in your discussions in class to earn points!

