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Things will run most smoothly when family members have friends, a social life and absorbing interests of their own. The family cannot be expected to satisfy all its members needs all of the time.

When things start to get out of control at home, seeking outside help becomes just another way of coping – a sign of strength, not weakness. There are many community organizations, which can help families find the right kind of help for their needs.

2

They come here in huge numbers. Every weekend they put on their tracksuits, leave the stress of the capital city behind and drive out into the hills. Here they can find fresh air, beautiful scenery, forests, rivers and, most important of all, thousands of restaurants. Don't be fooled by the tracksuit. It's frequently worn with high-heeled shoes and jewellery.

3

Stress has become so common in modern parlance that the word trips off the tongue as readily as water. While our grandparents went marching off to war armed with a prayer, we latter-day heroes see a trip to Tesco, a day in the office or a traffic jam as an excuse to reach for the Prozac. In 2004, the Government announce that stree had cost the UK economy £13.5 billion through lost productivity and increased illness at work.

4 Usually when people say that they are stressed, what they really mean is that they are afraid of feeling afraid or of looking stupid, says Dr. Bond. "Those who deal badly with it will go out of their way to avoid situations where they experience those feelings. By doing that, they dig themselves into a hole, because they never build up the experience that would allow them to cope better when the next stressful situation arises".

5 The physical consequences of stress are predictable and obvious, says Dr. Thomas Stuttford, the Times doctor. The cardiovascular system goes first (our heart races, we start sweating more readily), followed by the respiratory system (we suffer from air hunger), and the digestive system follows suit (loss of appetite). The pursuit of tranquillisers might ensue, in the name of alcohol, drugs or cigarettes, and before you know it, stress has defeated you.

6 Dr. Bond says that one of the reasons stress has become a modern affliction is that as a society we live in an increasingly complex world. "My grandfather never spent the morning shouting at his computer while trying to get online, for example", he notes. But simplifying our lives is not the answer. You have to look at your goals and work backwards.

1 La vue représente une fonction essentielle pour la conduite. Si le jour tout va bien, en revanche, dès que la nuit tombe, ça se gâte: on ne voit que dans la limite de ses phares. Cadillac inaugure le premier système d'assistance visuel sur son prototype Cien. Un mode « vision de nuit » projette une image thermique sur le pare-brise. De cette manière, on distingue, longtemps à l'avance et plus facilement les êtres vivants: l'homme, mais aussi les animaux de compagnie ou sauvages.

2 "10 minutes pour se rencontrer, 100 minutes pour choisir, toute la vie pour en profiter..." Tout un programme que j'avais hâte de découvrir... Je me suis donc inscrite sur turbodating.com. J'arrive au rendez-vous à la fois excitée par cette nouvelle expérience, mais aussi un peu anxieuse: de quoi allais-je donc parler avec dix inconnus? À quoi ressembleraient-ils? Allais-je leur plaire? Allaient-ils me plaire?