

stress**1. [stres] n****1. давление, нажим; напряжение**

times of stress - тяжёлые времена

stress of weather - непогода; буря

the stress of war - тяготы войны

under stress of poverty - под гнётом нищеты

under the stress of anger [of fear, of excitement] - под влиянием /под воздействием/ гнева [страха, возбуждения]

stress of work - загруженность работой

2. 1) ударение

primary [secondary, quantitative, qualitative, emphatic, rhetorical] stress - главное [второстепенное, количественное, качественное, эмфатическое, риторическое] ударение

the stress falls upon ... - ударение падает на ...

2) муз. акцент**3) значение**

to lay stress (up) on smth. - придавать чему-л. особое /большое/ значение

to set a stress on smth. - придавать большое значение чему-л.

to set a stress on (one's) personal appearance - придавать большое значение внешнему виду

3. мех.**1) усилие, напряжение**

stress limit - предельное напряжение

stress relieving - снятие напряжения

2) давление**4. психол. стресс**

under stress - в условиях стресса

2. [stres] v**1. 1) ставить ударение****2) подчёркивать**

to stress the point that ... - подчеркнуть тот факт, что ...

2. мех.**1) подвергать действию внешней силы****2) создавать или вызывать напряжение, стресс****stress**

Oxford Advanced Learners Dictionary 8th Ed.

stress **AW** [stresstressesstressedstressing] **noun, verb** **BrE** [stres] ^ˈ **NAmE**[stres] ^ˈ**noun****MENTAL PRESSURE****1. uncountable, countable** pressure or worry caused by the problems in sb's life

- Things can easily go wrong when people are **under stress**.
- to suffer from stress
- coping with stress
- She failed to withstand the **stresses and strains** of public life.
- **stress-related** illnesses
- **emotional /mental stress**
- Stress is often a factor in the development of long-term sickness.
- **stressmanagement** (= dealing with stress)

PHYSICAL PRESSURE**2. uncountable, countable ~ (on sth)** pressure put on sth that can damage it or make it lose its shape

- When you have an injury you start putting stress on other parts of your body.
- a **stressfracture** of the foot (= one caused by such pressure)

EMPHASIS**3. uncountable ~ (on sth)** special importance given to sth

- She **lays** great **stress** on punctuality.
- I think the company places too much stress on cost and not enough on quality.

ON WORD/SYLLABLE**4. uncountable, countable (phonetics)** an extra force used when pronouncing a particular word or syllable

- We worked on pronunciation, stress and intonation.
- **primary/secondary stress**
- In 'strategic' the stress falls on the second syllable

compare ↑intonation**IN MUSIC****5. uncountable, countable** extra force used when making a particular sound in music

ILLNESS

6. uncountable illness caused by difficult physical conditions

- Those most vulnerable to heat stress are the elderly.

Word Origin:

Middle English (denoting hardship or force exerted on a person for the purpose of compulsion): shortening of ↑**distress**, or partly from Old French **estresse** ‘**narrowness, oppression**’, based on Latin **strictus** ‘**drawn tight**’, past participle of **stringere** ‘**tighten, draw tight**’.

Thesaurus:

stress noun

1. U, C, usually pl.

- the stresses and strains of public life

pressure • • **strain** • • **tension** • • **demands** •

be **under** stress/pressure/strain

cope with the stress/pressure/strain/tension/demands

release/relieve the stress/pressure/strain/tension

suffer from stress/tension

Pressure or stress? It is common to say that sb is **suffering from stress** **pressure** may be the thing that causes **stress**

2. U, C

- An injury can put stress on other parts of the body.

strain • • **pressure** • • **weight** • • **load** •

under the stress/strain/pressure/weight/load

considerable/enormous/great/immense stress/strain/pressure/weight

put stress/strain/pressure/weight on sth

Stress, pressure or strain? **Pressure** can be **heavy, firm, gentle** or **light**. Both **strain** and **stress** usually suggest that there is too much pressure.

Collocations:

Diet and exercise

Weight

put on/gain/lose weight/a few kilos/a few pounds

watch/control/struggle with your weight

be/become seriously overweight/underweight

be/become clinically/morbidly obese

achieve /facilitate /promote /stimulate weight loss

slim down to 70 kilos/(*BrE*) 11 stone/(*especially NAmE*) 160 pounds

combat/prevent/tackle/treat obesity

develop /have /suffer from /struggle with /recover from anorexia/bulimia/an eating disorder

be on/go on/follow a crash/strict diet

have /suffer from a negative/poor body image

have /develop a positive/healthy body image

Healthy eating

eat a balanced diet/healthily/sensibly

get/provide/receive adequate/proper nutrition

contain/get/provide essential nutrients/vitamins/minerals

be high/low in calories/fat/fibre/(*especially US*) fiber/protein/vitamin D/Omega-3 fatty acids

contain (no)/use/be full of/be free from additives/chemical preservatives/artificial sweeteners

avoid/cut down on/cut out alcohol/caffeine/fatty foods

stop/give up/ (*especially NAmE*) **quit** smoking

Exercise

(*BrE*) **take** regular exercise

do moderate/strenuous/vigorous exercise

play football/hockey/tennis

go cycling/jogging/running

go to/visit/ (*especially NAmE*) **hit/work out at** the gym

strengthen/tone/train your stomach muscles

contract/relax /stretch/use/work your lower-body muscles

build (up)/gain muscle

improve/increase your stamina/energy levels/physical fitness

burn/consume/expend calories

Staying healthy

be/get/keep/stay healthy/in shape/(*especially BrE*) **fit**

lower your cholesterol/blood pressure

boost/stimulate/strengthen your immune system

prevent/reduce the risk of heart disease/high blood pressure/diabetes/osteoporosis

reduce/relieve /manage /combat stress

enhance/promote relaxation/physical and mental well-being

Synonyms:

pressure

stress • tension • strain

These are all words for the feelings of anxiety caused by the problems in sb's life.

pressure • difficulties and feelings of anxiety that are caused by the need to achieve sth or to behave in a particular way: ▪ She was unable to attend because of the pressures of work.

stress • pressure or anxiety caused by the problems in sb's life: ▪ stress-related illnesses

pressure or stress?

It is common to say that sb is **suffering from stress**, while **pressure** may be the thing that causes **stress**

tension • a feeling of anxiety and stress that makes it impossible to relax: ▪ nervous tension

strain • pressure on sb/sth because they have too much to do or manage; the problems, worry or anxiety that this produces: ▪ I found it a strain looking after four children.

to be **under** pressure/stress/strain

considerable pressure/stress/tension/strain

to **cause** stress/tension/strain

to **cope with** the pressure/stress/tension/strain

to **relieve /release** the pressure/stress/tension/strain

to be **suffering from** stress/tension

Example Bank:

- An overcrowded workplace can be a major source of stress.
- Avoid exercise that puts undue stress on the knees.
- Cycling puts very little stress on the joints.
- Different organisms react differently to environmental stress.
- Engineers calculated the stresses borne by each of the bridge supports.
- He broke under stress and had to leave.
- He has suffered post-traumatic stress since the crash.
- He was diagnosed with a stress fracture in his right foot.
- He's been under a lot of stress lately.
- He's had to give up his job as leader of the project— he just couldn't take the stress.
- I must lay great stress on the need for secrecy.
- Italian words usually have the main stress on the penultimate syllable in the word.
- Many workers experience a high level of stress in their daily life.
- Mark the primary stress in each word.
- Physical exercise is a great stress reliever.
- Separation is a time of high emotional stress.
- Some woods warp under stress.
- Staff are encouraged to go on stress management courses.
- Standing all day puts stress on your feet.
- Stress is applied to the wood to make it bend.
- The buttresses are subjected to constant stress.
- The first syllable takes the stress.
- The high mortgage payments put them under severe financial stress.
- The majority of sports injuries are due to excessive mechanical stress on joints, ligaments and muscles.
- The movements set up stresses in the earth's crust.
- The program helps workers with work-related and family stress.
- The release of the stress hormone cortisol is part of the human stress response.
- The tower exerts an enormous stress on the walls.
- There are many things an employer can do to ease employees' stress.
- There is equal stress on all parts of the structure.
- There's a stress on the second syllable.
- There's been a lot of stress on getting drug sellers off the streets.
- Tiredness is one of the most common symptoms of stress.
- Where does the stress fall in 'psychological'?
- a study of child development, with the stress on acquisition of social skills
- an illness brought on by stress
- compensation claims for undue stress in the workplace
- high stress levels
- the daily stress of teaching
- treatment for post-traumatic stress disorder
- a stress fracture of the foot
- emotional/mental stress
- stress-related illnesses

verb

EMPHASIZE

1. transitive to emphasize a fact, an idea, etc

- ~ **sth** He stressed the importance of a good education.
- ~ **that...** I must stress that everything I've told you is strictly confidential.
- + **speech** 'There is,' Johnson stressed, 'no real alternative.'

- **it is stressed that...** It must be stressed that this disease is very rare.
- **~ how, what, etc...** I cannot stress too much how important this is.

WORD/SYLLABLE

2. **transitive** ~ **sth** to give extra force to a word or syllable when saying it

- You stress the first syllable in 'happiness'.

3. **intransitive, transitive** to become or make sb become too anxious or tired to be able to relax

- **~ out** I try not to stress out when things go wrong.
- **~ sb (out)** Driving in cities really stresses me (out).

Verb forms:

verb forms	
present simple	
I / you / we / they	stress
	BrE /stres/
	NAme /stres/
he / she / it	stresses
	BrE /stresɪz/
	NAme /stresɪz/
past simple, past participle	stressed
	BrE /strest/
	NAme /strest/
-ing form	stressing
	BrE /stresɪŋ/
	NAme /stresɪŋ/

Word Origin:

Middle English (denoting hardship or force exerted on a person for the purpose of compulsion): shortening of ↑**distress**, or partly from Old French **estresse** 'narrowness, oppression', based on Latin **strictus** 'drawn tight', past participle of **stringere** 'tighten, draw tight'.

Thesaurus:

stress verb T

- She stressed the importance of exercise.

emphasize • • **underline** • • **highlight** • • **point sth out** • |especially AmE, especially business **underscore** •

stress/emphasize/underline/highlight/point out **how...**

stress/emphasize/underline/point out **that...**

stress/emphasize/underline/highlight/point out/underscore **the fact that...**

stress/emphasize/underline/underscore the **importance/extent/necessity** of sth

Stress or emphasize ? Emphasize is slightly more formal, used more in written and academic English, especially when the subject is not human (**The report emphasizes...**). **Stress** is used more in spoken English and journalism, especially when the subject is human (**I must stress...**).

Synonyms:

stress

emphasize

These words both mean to give extra force to a syllable, word or phrase when you are saying it.

stress • to give extra force to a word or syllable when saying it: ▪ You stress the first syllable in 'happiness'.

emphasize • to give extra force to a word or phrase when saying it, especially to show that it is important: ▪ 'Let nothing ... nothing,' he emphasized the word, 'tempt you.'

Example Bank:

- Doctors have rightly stressed the importance of exercise.
- He stressed the point very strongly that all these services cost money.
- I can't stress enough that security is of the highest importance.
- I must stress that we still know very little about this disease.
- It is worth stressing that this was only a relatively small survey.
- Private schools tend to stress the more academic subjects.
- She has constantly stressed the government's poor record in this area.
- She is at pains to stress the cultural differences between the two countries.
- I must stress that everything I've told you is strictly confidential.
- I want to stress how important this work is.
- Observers stressed the necessity for the ceasefire to be observed.
- She stressed the importance of a good education.
- She stressed the need for cooperation with the authorities.

stress

Longman DOCE 5th Ed. (En-En)

I. **stress**¹ **S3 W3 AC** /stres/ BrE ^ˈ AmE ^ˈ noun

[Word Family: adjective: ↑stressed, ↑stressful; verb: ↑stress; noun: ↑stress]

[Date: 1300-1400; Origin: distress]

1. **WORRY** [uncountable and countable] continuous feelings of worry about your work or personal life, that prevent you from relaxing

⇒ **strain**:

Your headaches are due to stress.

Janet's been under a lot of stress since her mother's illness.

all the stresses of public life

A lot of illnesses are stress-related.

2. **FORCE** [uncountable and countable] the physical force or pressure on an object:

Shoes with high heels put a great deal of stress on knees and ankles.

3. **IMPORTANCE** [uncountable] the special attention or importance given to a particular idea, fact, or activity **SYN emphasis**
put/lay stress on something

Pugh laid particular stress on the need for discipline.

4. **WORD/MUSIC** [uncountable and countable] the degree of force or loudness with which a part of a word is pronounced or a note in music is played, which makes it sound stronger than other parts or notes

...

COLLOCATIONS

verbs

- **suffer from stress** If you are suffering from stress, you may be more likely to become ill.
- **cause stress** Moving house often causes stress.
- **cope with/deal with stress** People find different ways of dealing with stress.
- **reduce/relieve stress** Don't resort to alcohol to relieve your stress.

adjectives

- **great/considerable/enormous** Staff experienced considerable stress as a result of the changes.
- **mental/emotional stress** It was a time of great emotional stress for me.

phrases

- **be under stress** She's been under a lot of stress lately.
- **a cause of stress** Balancing work and family is the main cause of stress for many people.
- **signs/symptoms/effects of stress** Headaches, migraines, and irritability are all signs of stress. | The effects of stress are subtle and sometimes difficult to see.
- **sb's stress level** (also **sb's level of stress**) Exercise reduces stress levels.
- **stresses and strains** (=a lot of different worries that are caused by something) the stresses and strains of everyday life
- **stress management** Some patients may benefit from being taught stress management skills.

...

THESAURUS

the feeling of being worried

- **worry** the feeling of not being happy or relaxed and thinking a lot about a problem or something that is wrong: She was sick with worry over her daughter. | the look of worry on his face
- **anxiety** the feeling of being worried because you think that something bad has happened or will happen, and you feel that you have no control over the situation: The thought of having to give a speech filled me with anxiety. | The increase in heating costs is causing a lot of anxiety among elderly people.
- **concern** a worried feeling – use this especially when many people are worried about a problem that affects everyone: The shortage of water is beginning to cause widespread concern.
- **stress** the feeling of being worried all the time, for example about work or personal problems, which can make you ill or very tired: Her financial problems were causing her a lot of stress.
- **anguish** a feeling of extreme mental suffering caused by worry: How could her parents survive the anguish of not knowing what had happened to her? | When she spoke, her voice was full of anguish.
- **angst** a strong feeling of worry and anxiety because you are worried about your life, your future, or what you should do in a particular situation: The letter was full of teenage angst - would she ever be able to find another boyfriend? | There was much angst about the decision.

II. **stress**² **S3 W3 AC BrE** ^{AmE} **verb** [transitive]

[Word Family: adjective: ↑stressed, ↑stressful; verb: ↑stress; noun: ↑stress]

1. to emphasize a statement, fact, or idea

stress that

- The report stressed that student math skills need to improve.
- Crawford stressed the need for more housing downtown.
- She stressed the importance of a balanced diet.

2. to pronounce a word or part of a word so that it sounds louder or more forceful:

- The word 'machine' is stressed on the second syllable.

...

COLLOCATIONS

nouns

- **stress the importance of something** He has always stressed the importance of a stable family.
- **stress the need for something** She stressed the need for more effective policing.
- **stress a point** This point needs to be stressed.
- **stress a fact** Medicines usually stress the fact that you must not exceed the stated dose.
- **stress the role of somebody/something** In her speech, she stressed the role of parents in preventing youth crime.
- **stress your commitment to (doing) something** The President stressed his commitment to tackling world poverty.

...

THESAURUS

- **emphasize** to say strongly or show clearly that a fact, idea etc is especially important: Our company emphasizes the need for good communication between staff.
- **stress** to emphasize something when you are talking about a subject: Most schools stress the importance of parental

involvement in their child's learning. | He stressed the need for parents to listen to their children.

- **highlight** to show that something is important, so that people will pay special attention to it: This case highlights the need for tougher laws on gun ownership. | The report highlights the decline in the numbers of native plants and insects.
- **underline / underscore** to help to show clearly that a fact is true, especially a fact that is already known: These attacks underline the fact that the security situation here remains fragile. | The president's speech repeatedly underscored the progress that has been made.
- **accentuate** to show something clearly and make it easier to notice: The recent economic crisis has accentuated the gap between the rich and the poor.
- **overemphasize** to emphasize something too much: The relation between food and health is often overemphasized in my view.
- **play up** to emphasize something and make it seem more important than it really is, especially to get advantages for yourself: The story has been played up by the media. | The Labour party had a great time playing up the Conservatives' problems.

stress somebody out *phrasal verb informal*

to make someone so worried or nervous that they cannot relax:

* Studying for exams always stresses me out.

stress

Freakuency Pack

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RANGE: **2k** STRESS ³⁷⁵⁶²
stress ²⁴⁴⁶⁷
stressed ⁵⁰⁰²
stresses ³⁸⁶⁰
stressful ²⁸⁸⁹
stressing ¹³⁰⁰
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COCA 500k Unlemmatized
8746 **2043**²¹⁰⁶⁹ *nn1*
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