

Sun Hwa Hur

ESOL 4/5

June 2, 2026

Effect of Watching TV

TV is a big part of people's life. Many people get information about the world from TV especially old people. Watching TV can be positive or negative.

TV can show people about part of the world faraway. TV can help many people learn. It can show people many different things. It can explain unfamiliar subject matters. Discovery channel has great educational programs.

Some TV programs can have a calming effect. Nature shows featuring mountains, oceans and lakes can give peace to watchers. PBS nature shows display the earth's diverse geography which can be relaxing.

News on TV is information but can be stressful. Right now inflation and Iran conflict are the biggest stories. These news can cause stress.

TV viewing can be helpful but also cause worry. TV can be educational. Other programs can relieve stress. News can be scary. TV in one form or another will affect people especially elders.

Roki Guo

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What is the impact of Technology on learning?

As is well known, technology can change people's lifestyle and habits, and also can impact our learning methods.

We apply technology for learning. It makes it easier and more relaxed for us to learn. We can learn at available times, and get rich science and culture knowledge. Therefore, the technology of learning is widely used in every field, including education management functions in school, for example, remote education etc.

The technology of learning has different effects. Due to science and technology progress and all kinds of learning software issued, these learning electronic tools and software greatly influence people and society. It has increased communication opportunities between people, and it also impacts people's thinking ability; for instance, our cell phone functions are becoming more powerful, and the operating speed is getting faster and faster.

The technology on learning changes people's learning style, providing a high-efficiency learning method that makes you interested in learning. On the other hand, technology on learning overcomes long-distance education and classroom difficulties through the internet. Of course, advanced technology appliances can impact learners' vision, and there is harm caused by prolonged sitting, so we should apply technology safely and reasonably for learning.

In a word, the impact of technology on learning is good, which plays a positive role in promoting learning. As a result, we should make full use of it and utilize it, letting technology improve our learning level more accurately and effectively. Meanwhile, we need to continuously develop new technologies on learning in the future.

Halima Han

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What is the impact of stress on people?

You have problems with money. You have problems with work. You have too many responsibilities. And all of it causes stress. Too much stress causes physical and emotional problems.

Stress can affect your physical health. So stress can cause headaches and an upset stomach. As a result it can make it hard to sleep and it can increase blood pressure. Therefore, increased heart rate and rapid breathing can also be caused by stress.

Stress can cause emotional problems. People may start feeling irritable and angry. As a result they may lack interest or motivation. Consequently, people develop apathy and emotional burnout.

Stress is impossible to avoid but it can be managed. Consequently, in order to cope with stress and stay physically healthy people need to sleep six to eight hours each night, practice deep breathing, eat healthy food, and try to meditate. Because stress causes fatigue, therefore people need to exercise regularly.

Because stress causes emotional problems, therefore laughing and listening to music makes you feel relaxed and confident.

Kunsang Bashi

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Being in Nature

One of my favorite things to do is to go hiking at Snoqualmie Falls. Being in nature is good for the body and mind. Scientific research shows this to be true.

The first positive benefit of being in nature is that it strengthens my muscles. If I walk 5 miles at Snoqualmie Falls, going uphill and downhill, I build strength in my legs. Additional benefits come from being in the fresh air and seeing the beautiful falls. These two things calm my mind. I come home refreshed and happy.

I love being in nature as it helps both my body and mind. I suggest that other people spend more time in nature. They can feel more inspired to take care of the earth.

Embrace aging with hope and equanimity

Aging is an inevitable and mandatory course in the curriculum of life. A philosopher I once knew described it this way: from the moment a person is born, they wear a small white flower pinned to their chest as they join a long, winding procession—the line of life—marching inexorably toward the grave. Although this perspective may seem somewhat pessimistic, it nevertheless remains an indisputable fact. Because every human life moves toward the same final destination, people naturally reflect on how their lives will ultimately be remembered. As a result, the lives of famous figures may create a sensation in their own time, or they may be left to the judgment of posterity.

In Spanish literature, Don Quixote is viewed by some as the typical example of a person lost in fantasy and detached from reality. Consequently, although his motives are noble, his actions are sometimes seen as blind or even harmful. Yet others regard him as a hero because he steadfastly upholds his convictions, abhors oppression, and champions freedom. Likewise, in real life we often encounter such contradictory figures. Consider Colonel Sanders, the familiar founder of KFC. For much of his life, he endured setbacks, disappointments, and hardship. However, because he persevered despite those struggles, his fortunes changed dramatically at the age of sixty-five, ultimately leading his KFC brand to worldwide renown.

However, many people fear the physical decline that accompanies aging, they become consumed by anxiety. As a result, they frantically pursue every possible regimen for longevity, rely heavily on health supplements, and even undergo repeated cosmetic surgeries in an attempt to resist the aging process. Consequently, some alter their appearances to the point that they become almost unrecognizable. In my view, the fear of aging itself is not truly frightening. Rather, the deeper and more meaningful question is this: how can one give an ordinary life lasting value and significance?

Perhaps the answer lies in the way we choose to live. When people maintain a positive outlook on life, treat others with kindness, optimism, and compassion, and fill their lives with meaningful experiences, the result is often a life marked by both inner richness and emotional resilience. Hollywood legend Bette Davis once famously remarked, "Old age ain't no place for sissies." Her words not only reveal her fierce and resilient personality, but also acknowledge the very real physical and emotional challenges of growing older. Therefore, she continues to serve as both a role model and a source of inspiration for me.

In the end, aging is not something to fear, but something to face with wisdom and dignity. Since the passage of time cannot be reversed, we should adopt a scientific approach to caring for our bodies, cultivate healthy habits, cherish the limited time we have, and devote ourselves to pursuits that enrich our lives. If we face the challenges of aging with courage, gratitude, and optimism, then even an ordinary life can become deeply meaningful and worthy of remembrance.

Valeriy Kuznetsov

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Life abroad is difficult without knowing the language of the host country.

My friend lived in Donbass in the southeastern part of Ukraine near the border with Russia. In 2014, Russia illegally violated Ukraine's border and occupied the Crimean Peninsula and part of the Donetsk Basin. My friend has a daughter who has been living in America for a long time. She invited her parents to come and live in America with her family.

The main reason my friend moved to America was the outbreak of hostilities in his place of residence. He came to one of the democratic countries on our planet, a country of modern technology, kind, considerate and peace-loving people. Despite this, he experienced some difficulties. The most important thing was not knowing English. This reason created difficulties in communication with the local population, in transport, in shops, in cafes, in restaurants, etc. In his old age, my friends had to learn English and go through an interview to obtain citizenship.

My friend described all his difficulties of life abroad to his son who remained to live with his family in the occupied territory. He advised his son to take all possible measures to ensure that his three children begin learning English. Knowing English will enable his children to more easily cope with difficulties in their adult life. English is recognized as the language of international communication. With the world's population now at around 8 billion people, over two and a half billion already speak English.

I am learning English to increase the number of these people, too.

Rita Levitskaya

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Impact of Stress on People

Stress has a detrimental effect on human health. In modern society, people experience a great deal of stress. This has a negative impact on their physical, emotional, and mental well-being.

Some physical effects on health. The result of having stress is negative, because it creates health problems: high blood pressure, headache, poor sleep, poor appetite, and digestive issues. Negative symptoms affect a person's well-being. Headache prevents me from studying English. Strive to maintain a regular daily routine and rest schedule.

Some emotional effects on health. Depression, anger, bad mood – negative emotions. The person is unable to concentrate on work or studies. The person does not understand the goals and tasks that need to be accomplished. Trouble at work and relationships neighbors. A person may lose their job or student may be expelled from college or divorce.

Some mental effects on health. The person have mental problem difficulty concentration. No desire for social interaction. Forgetting to turn off the gas could lead to an explosion in the kitchen and loss of life, or it could result in house fire. A person may start taking drugs or alcohol, wich can lead to suicide. Memory problem and alcohol consumption are serious issues that require serious treatment.

The stress causes negative effect on health people. Main idea. There are many ways to prevent and combat it. One should lead an active lifestyle, perform physical exercises in the morning, and pour cold water over oneself; furthermore, it is essential to maintain a positive outlook and be kind to both people and animals.

NADEZDA MATVEEVA

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HOW FIRES AFFECT THE ENVIRONMENT AND HUMAN LIFE

(Introduction)

Every year we hear about forest fires, fires in homes, explosions on gas. In the last 5 years (2021-2025) over 300.000 wildfires have been registered in the United States, 12,6 million hectares of land burned down. Between 3300 and 4400 people die annually. 60-90 firefighters die in fires every year. Fires had negative effects for nature and people.

(Natural phenomena)

Fires often occur DUE TO thunderstorm and lightning. Trees, bushes, grass, insects, animals kill AS RESULT. During a volcanic eruption hot lava also destroys nature. Fires also occur during earthquakes. Unfortunately the majority of fires are caused by human carelessness.

(Careless handling of fires)

Residential fires frequently occur DUE TO smoking, faulty electrical wiring, or the lighting of fires and gas explosions. CONSEQUENCE residential fires property and lives are being lost. Another cause of fires is war. AS A RESULT of bomb and missile explosions, buildings collapse, fires break out and people perish. All pipeline fires pollute the air and have negative effects on the environment.

(example)

I saw the roof burning at the school, where I worked. The fire started early in the morning, no one was injured. The fire broke out BECAUSE workers repairing pipes in the attic the previous day failed to observe safety regulations while welding. The element of fire was a terrifying sight.

(Conclusion)

Nature and people suffer DUE TO fires. Humans cannot stop a thunderstorm, a volcanic eruption, or an earthquake, however, we are obliged to observe safety rules!

Ahmed Mohammed

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GARDENING

Gardening functions as a powerful physical and mental health catalyst. The cause encompasses actions like digging , planting, and nurturing, which trigger physiological effects such as reduced cortisol (stress), elevated serotonin (mood), and increased physical fitness. Intentionally nurturing plants life acts as a powerful antidote to the disconnects of modern life.

The physical exertion. Improves cardiovascular health, motor skills, and bone density through sunlight exposure. Routine and focus (watering, harvesting)

Lower cortisol levels, mitigates anxiety, and stimulates dopamine.

Community or outdoor participation. Enhances social connection and life satisfaction while fostering a deeper connection to nature.

Philosophy of the “ Good life”. Philosophically, gardening pushes us beyond mundane living by forcing us to acknowledge that nature possesses mysteries we cannot entirely control, instilling patience.

Ecological world-making. It transforms the individual from a passive consumer of the environment into an active participant in an ecosystem, emphasizing codependence, and vulnerability.

Finally gardening is essential for human mental health, as it provides a sense of comfort and enjoyment ; furthermore, it enhances soil fertility and contributes to climate mitigation.

The Impact of Art on Mental Health.

Art has an important impact on mental health. It can help people express their emotion, reduce stress, and improve their overall well-being.

The current social situation is quite complex, with technological challenges, awareness of equality, and new challenges like environment issues or economic inequality, where everyone is trying to adapt and find their own way out. Sometimes there's hope, sometimes there's a real challenge. Some people also face mental health challenges. As a result, it is really important to have support systems and resources in place to help them cope and thrive.

Art therapy can be used to help treat people with mental health conditions in several ways. How art therapy helps people with mental illness? For example, at first, it helps express difficult emotions such as some people with conditions like depression, anxiety, or hard to explain their feeling. Drawing, painting, or sculpting allows them to express emotions through images and colors instead of words. Second, it reduces stress and anxiety, so art making helps the brain enter a relaxed state. It can calm the nervous system similar to meditation. Third, it supports people with depression such as creating art gives a sense of accomplishment. Fourth, it Helps with PTSD and Trauma so art can reduce emotional intensity linked to trauma. Fifth, it improves social connection, so group art activities help reduce isolation. Sixth, it improves focus and emotion control, so art requires attention and patience, and supports emotional regulation skills.

On the other hand, poor mental health can affect daily life, relationships, work or study performance, physical health, and overall quality of life.

Art Therapy is often support people with mental health conditions. Therefore, art plays an important role in improving mental health and emotion balance. Licensed art therapists combine creatives with psychology to treat conditions such as depression, mood disorders behavior issues in children and adults. The focus is on the creative process, not the artistic quality of the work.

In the future, art activities and art therapy should be promoted more widely in schools, workplaces, and communities. People should be encouraged to use art as a way to relax and express themselves. In addition, more research should be conducted forms of art can improve mental health and support people of all ages.

Li Shi

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What is the Impact of Stress on People

According to official US stress data released in 2023, the main sources of stress for the public are personal finances, emotions and health. Let me briefly break down these three issues.

First, income problems are one of the biggest of stress for many people. Because people used to pay for rent, food, bills, and other daily expenses, they often feel anxious when their income is unstable, or too low. Some people have to work long times in order to earn more money, as a result, they have less and less time to rest. Even though working hard can improve their daily life, if too much work also makes people feel tired and lose their passion for life.

Secondly, emotions can also bring a lot of stress. When a person stays nervous, worried or upset for a long time, their mood may become worse. When they are doing things, it becomes harder to stay patient. For example, being criticized at work or having conflicts with other people may affect a person's emotions. Some people may look strong on the outside, actually bring a lot of stress inside. If these negative emotions are not released for a long time, people may become sad and depressed or have difficulties living a normal life.

Finally, health problems have more direct influence on people. Because health is the foundation of both life and work. A person becomes unhealthy, they may suffer not only physically, but also mentally and financially. For example, staying up late, eating unhealthy food and not exercising regularly can slowly damage the body. Although many young people think they are healthy enough, ignoring health for a long time may lead to much greater cost in the future.

In general, income, emotions, and health are deeply connected with each other. Because financial pressure can affect emotions, and bad emotions can further impact health, stress often forms a cycle. However, stress is not completely bad. Proper stress

can encourage people to work harder and grow stronger. If stress becomes too heavy, people should learn how to adjust themselves. Such as managing time wisely, keep healthy habits, and communication with family and friends. Only in this way, people can find balance under pressure and make life more stable and happier.

Impact of sarcopenia

In instruction: Why are muscles important to us? Muscle mass is a measure of health. Sarcopenia is muscle loss. People are losing muscle every day after 60. I want to know the reasons why muscle mass decreases.

If some people get sarcopenia, as a result cerebrovascular disease develops and blood sugar is not well controlled. Also people will get falling down easily. People have lower muscle mass and less muscle strength. As a result, they have got poorer mobility. They have more difficulty standing up from a chair by themselves and calf circumference has gotten much thinner, grip strength is weaker than average (3 pounds) Also people have lost weight, even though they didn't go on a diet.

There are many impacts from loss of muscle mass. If muscle mass decreases, Therefore people can't lift heavy things well and climbing the stairs is difficult, the balance is no longer. The lower build up of muscle can have multiple impacts for instance low physical activity, not enough protein intake in illness. A lot of old people especially have hip~ joint broken. Some people have diabetes and arthritis from hormonal changes, as a result they will get sarcopenia.

In conclusion: To prevent sarcopenia, it is good to consume sufficient proteins. We should stretch and improve blood circulation and exercise consistently. We should better increase the quality and quantity of muscle. The most important preventive care is muscle strength training.

Wiriya Wisang

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The impact of Tea consumption on Asian People.

While people around the world love coffee, tea remains popular in Asia . In fact, 80% of theAsian population drinks tea in the morning routine. It's not only tradition but a simple cup of tea has profoundly benefits on people. Consuming daily offers three major benefits by preventing some chronic diseases, improving mental health and supporting the economy.

To begin with, drinking tea prevents serious chronic illnesses in Asian people. The power of antioxidants in tea decreases cholesterol in blood which reduces the risk of cardiovascular diseases. Moreover, because tea has slowed down sugar absorption which directly prevents the risk of diabetes that commonly occurs through genetics in Asian people. Furthermore, the sustained release of caffeine in tea leaf provides a steady flow of energy during the day. It encourages people to stay active without heart palpitations similar to drinking coffee.

In addition, beyond helping maintain physical well-being, tea promotes and supports mental health and family social bonding. A massive amount of L-theanine in a cup of tea can eliminate stress and relax people's minds. Also, it protects brain cells which leads to lower risk of dementia. Following customs and traditions, serving tea to seniors shows respect to elderly people. As a result, sitting down and having a hot cup of tea together is very meaningful to start conversation on any topic which strongly supports social connection.

Fortunately, because the global high demand of tea is growing, especially Matcha and bubble tea, it actually turned traditional Asian drinking to a billion dollar industry and it remained traditional tea culture alive in a modern world.

All things considered, drinking tea is a powerful tradition that prevents serious chronic illness. Also, it brings family and community closer. I can say tea provides incredible benefits for the body, minds , family, and the economy. Have you had a cup of tea today?

Har Pan Wong

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Impact of Academic Pressure on Students

Today 90% of college students feel stress because of academic pressure. 50% feel hopeless, according to the Canadian Organization of University and College Health. As a result, academic stress can have negative effects. However, there are solutions.

Academic pressure can be bad. Stress affects emotions and has a side on the body. Students cannot pay attention and it affects their self-esteem and causes anxiety. Due to exams students feel stress. Consequently, it can cause insomnia, headaches, and low moods. Students often can't sleep well during exams. Some students have no appetite or eat more processed food. In summary, Fear of exams can cause negative physical effects.

Another reason for the pressure is that students compare themselves with their classmates. Students are afraid of failure. Students are worried that they aren't as smart as each other. For example, a first-year university student couldn't sleep well because he felt there was a big gap between him and his classmates. How do you solve these reactions to academic pressure, but there are many things students can do to cope with stress.

Students can have effective time management, maintaining healthy lifestyle habits and setting reasonable learning goals. They can create a daily routine, do exercise, follow a regular schedule, fix their sleep and eating habits and set achievable goals. These things can reduce the pressure on students. Academic pressure can push students to find tools to meet difficulties in the future.

Although studying brings various pressures, there are many tools students can use to cope with stress. Appropriate pressure can help students learn more. If they can manage their stress. I hope every student can continue to use the tools they learned to manage stress in school to manage stressful situations in their lives.

Lisa Wong

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The Impact of Light Rail on People

The Seattle light rail currently operates for approximately 63 miles and has 50 stations. The light rail system can reach a top speed of 55 miles per hour. There are a total of 2 operating routes. Line 1 is from Lynnwood to Federal Way. Line 2 is from Lynnwood to Redmond, connecting with Line 1.

The light rail provides people with convenient transportation. It is faster than a bus. We don't need to worry about traffic jams, parking, safety, and we don't need to waste energy biking or driving, reducing traffic accidents. It is less expensive. For example it is very hard looking for parking in downtown and \$6 an hour for parking is expensive.

Taking the light rail can reduce pollution. Also, walking to the train is good exercise. It only takes about 20 minutes from my house to get the train. We can read books, relax, listen to music, enjoy many beautiful views, and sleep in the train too. It helps our mental health too.

Light rail also can help us save money, because we do not need to pay for parking and gas. If driving a car you need to pay \$3 - \$5 an hour or more for parking. The gas price has increased to about \$5 a gallon, and so taking the light rail now is helping us save a lot of money.

In conclusion, light rail brings us cost effective relief to cars and people on the road. Many countries have light rail systems, but only Seattle has a light rail system built on a floating bridge. It is amazing that it is built on a floating bridge. Due to light rail, it makes the earth more environmentally friendly. As a result, people hope for more light rail lines in Seattle.

Virginia Wong

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Technology's Impact on People

Technology is present in people's daily lives. Examples of technology include AI, cell phones, and computers. It impacts people both positively and negatively.

On the positive side, it can be easier to function using technology. For example, people can find locations using Google maps. Technology can also help people learn, such as searching Google and YouTube, or reading Chinese news articles online. Due to technology, people can connect easily with each other through social media.

While technology can help people, it can also create problems. As a result of technology, people are able to cheat at school and at work by copying someone else's work. Because of technology, people can scam others, such as by stealing bank information online. Technology can also cause people to not memorize items, because so much information is available online. AI is taking away jobs from people, so there is more unemployment.

Overall technology helps people; thus, people just have to be careful when using it.

Winnie Wong

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Impact of the Invisible Stress

Nearly 1 in 2 adults in the U.S. report experiencing significant, daily stress. While invisible stress is difficult to see, it often comes from the constant pressure of daily responsibilities, expectations, and worries. Over time, invisible stress can slowly damage a person's mental and physical health and negatively affect relationships with others.

First, invisible stress affects people psychologically. Long-term stress can seriously harm a person's mental well-being because it often comes from ongoing expectations and pressure from the environment. For example, when people feel they must do everything perfectly, which prevents their minds from truly relaxing. As a result, they may become anxious, easily irritated, or unable to concentrate. Some people may even lose interest in activities they once enjoyed. Therefore, invisible stress can slowly lead to emotional exhaustion and burnout.

Second, invisible stress affects people physically. Even when people believe they can manage their stress, their bodies may react differently. Long-term stress can cause insomnia, chronic headaches, stomach problems, and weakened immunity. In addition, stressed people often feel tired and become sick more easily. For instance, students or workers under constant pressure may not sleep enough or may experience frequent headaches. Consequently, invisible stress can damage physical health over time.

Finally, invisible stress can negatively affect interpersonal relationships. When people silently carry stress, their behavior toward others may gradually change. Some people choose to isolate themselves because they do not want to talk or socialize. Others may become impatient with family members or friends because of their inner anxiety. This can easily lead to misunderstandings, arguments, and emotional distance. As a result, invisible stress may weaken important relationships and make people feel lonely.

In conclusion, invisible stress can affect people psychologically, physically, and socially. Although it is not always visible, its effects are serious and long-lasting. Therefore, it is important for people to recognize stress early and find healthy ways to manage it before it harms their health and relationships.

Wensheng Yu

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The impact of stress on people

You're stuck in traffic. You are under a lot of pressure at work. You are very dissatisfied with your living environment.

All these things are causing stress. A little bit of stress can be useful. It can help you focus. You might get more work done. You don't sleep in. And you state will become positive.

Stress can feel tired, headaches, and angry easily. Stress can't sleep well and an upset stomach.

To reduce stress, you can use the following methods. You can exercise. You can go for a walk. You can learn to sing. And you can help other more.

Cause & Effect Essay

Handling Stress

Literacy Source

Written by Dilia E. Faria

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Handling Stress

“I have a headache, my hands are sweating, my heart is pounding- I’m feeling stressed!”. Stress is a natural physical and mental reaction to life experiences. Anything from everyday responsibilities like feeding your family to more serious life events like a car accident can trigger stress. In immediate, short-term situations, stress can help you cope with potentially serious or threatening situations. However, high levels of stress for a sustained period of time can be harmful!

Stress can cause headaches and upset stomach. It can increase blood pressure, and it can also make it hard to fall and stay asleep. Other effects of stress include feelings of sadness. You may worry a lot and also feel like you can’t get things done. At its worst, chronic levels of stress can lead to or influence onset of more serious illnesses, including cancer.

In order to deal with stress, some people turn to food, alcohol, or drugs. But these coping mechanisms are not effective as they can harm your health in the long-term and as a result, your stress can get even worse. Similarly, some people might start to avoid situations that cause them stress, and while this may provide temporary relief, overtime avoiding problems that need to be solved might just make your stress worse as well. Below are the main sources of stress for the general population.

Sources of Stress

Too many responsibilities:	54%
Money problems:	53%
Work problems:	53%
Health problems:	38%
Health of family:	37%

At home and in our relationships, stress can strain relationships with family members and loved ones. You might notice increased irritability, and even distancing yourself from others emotionally. In the workplace, high stress often shows up as reduced productivity, irritability, and challenges working effectively with others.

Ultimately, understanding how stress impacts your life and those around you is the first step toward building healthier habits, stronger relationships, and a more balanced life. If you relate to one or more of the warning signs of sustained stress in this essay, there are things you can do to prevent, manage, and mitigate its negative impact including trying to get six to eight hours of sleep each night, getting physically active every, incorporating breaks within your daily routine, and practicing coping skills such as deep breathing. Most importantly, millions of people around the world struggle with stress at different times during their lives, and you are not alone.