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**Section I: Reading Comprehension**

C) Stress is a serious and multifaceted problem that negatively impacts physical, emotional, and mental health.

C) The heart

C) overreact to small problems.

A) An attempt to use substances to alleviate the pressure of stress.

B) It is important to take breaks from stressful situations to relax and recover.

**Section II: Grammar and Vocabulary**

B) was built

B) might have left

A) develops

D) realized

B) had listened

B) to take

C) if

A) little

C) selection

A) invention

D) flash drive

B) convenience

B) incredibly

A) expand

A) put off