

POSITIVE THINKING

1-Listen to a psychologist talk about the power of positive thinking. Decide if each of the following statements are **TRUE or FALSE**.

The psychologist said that how you see life can affect your physical health.

You are more likely to be optimistic if you have positive thoughts.

Negative people are at less risk for cardiovascular disease.

Surround with positive and negative people.

The psychologist says that positive attitudes are contagious.

2- Use the conjunctions below to connect two ideas about positive thinking. Determine the relationship between the ideas and pick them best word. You will not use one of the words.

although

whether

unless

because

so

and

1. _____ sometimes it is difficult, it is better for your health to think positively.
2. You should try to be an optimist _____ it is better for your health.
3. Being very negative can increase your risk for heart disease, _____ you should try to look at the bright side of things!
4. If you are a negative person, you will suffer from more stress _____ you change your mindset for the better.
5. _____ you are an optimist or a pessimist, your brain has an impact on your health!