

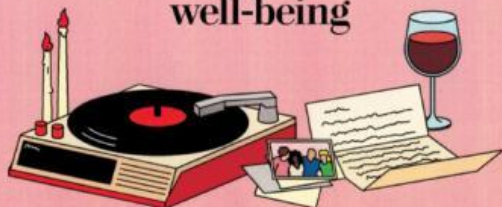
Level: B2 Upper Intermediate

Skill: Writing



What's your opinion?

Feeling nostalgia
is good for our
present and future
well-being



Feeling Nostalgia



washingtonpost  The last days of December can conjure an extra dose of nostalgia for many of us, as we look back on what the year brought and didn't bring. Reminiscing about shared memories with friends, listening to your favorite music or looking through old photos are great ways to stroll down memory lane.

Not only is this type of reflection common, but it can also be good for us. Psychologists are finding that nostalgia is not only universal, but also associated with better mental well-being. It can serve as an important psychological asset in our present — and future.



bogwitchofthebog "It's okay to remember when times were good! Because they never will be again."



2 d 2 Me gusta Responder Ver traducción



maria2island It's also profitable for streaming platforms....CLEARLY 😊



3 d 5 Me gusta Responder Ver traducción

What's your opinion? Are you nostalgic?

Write your ideas down.

Write 100 - 120 words.

