6.3 Reading and Vocabulary

Mental well-being

1 Complete the advert with the correct form of the words below.

avoid count give ~~have~~ make manage measure show stay take



Improve your health with Routic

Feeling low? Need to get in shape? Looking for ways to [1] *have* more energy throughout the day? [2] _____ calm and download the Routic app. Routic lets you [3] _____ control of your health and fitness. It [4] _____ your walking route when you're out and about, and [5] _____ your steps. It also [6] _____ your speed and heart rate. If you have a health condition, it can help you [7] _____ your symptoms, and it [8] _____ you cooking advice if you need to [9] _____ certain foods. This one app does it all and can really [10] _____ a big difference. **Download it today!**

2 Read the article quickly and tick (✓) the things it mentions.

1 ☐ family
2 ☐ animals
3 ☐ apps
4 ☐ school work
5 ☐ gardening
6 ☐ cooking
7 ☐ sport

3 Read the article again and complete the sentences. Use no more than three words.

1 According to the article, our *mental health* is as important as our physical health.
2 Nancy says that your _____ drops when you stroke a cat or dog.
3 Gardening can help you become more _____.
4 The _____ in fresh food are good for your physical and mental well-being.
5 Taking on too many new things can cause _____.
6 Some apps can help you stay calm by teaching you how to use _____.



Healthy mind, healthy body

We all know that it's important to be fit and healthy. People tell us to eat well and do exercise, but our mental health is just as important. There are many easy, practical ways to improve our mental well-being. We spoke to psychologist Nancy Nguyen about how we can do this.

Make a four-legged friend

The first thing Nancy suggests is becoming friends with an animal. She had a dog when she was a teenager, and told us about a time when she had a problem with another girl at school. She said she had come home one day and just sat with her dog, and it made her feel much better. She said she had felt better almost immediately. We've known for a long time that having a pet is good for you. Just stroking a dog or cat can lower your heart rate and help you stay calm. If you don't have a pet, you could offer to walk a neighbour's dog or volunteer at the nearest animal shelter.

Turn your fingers green

It's not just animals which can make you feel better: plants can too. Doing some gardening is another method you can use to improve your mental well-being. Nancy explained how you can start with something simple like a tomato plant. You can learn how to grow it by researching it online, and watch it grow from a seed to a fruit. She described how peaceful the process is and how it teaches us to be patient.

Get creative in the kitchen

Once you've grown your own food, put it to good use in the kitchen. If you don't already, then learn how to cook. Choose the food you like and learn some simple recipes. This will improve what you eat and make you feel good when you manage to cook a new dish for the first time. Once you learn a few basics, you can then get creative and try out new things. Being creative is a great way to keep your mind fit and healthy, and the nutrients from fresh food also improve your overall well-being.

Don't overdo it

There are many things you can do to improve your wellness, but whatever you decide to do, don't take on too much. While it's important to have interests outside school, don't overload yourself. This alone can create unnecessary stress.

Add a tech touch

Nancy also recommends using a special app. There are many free apps available which can help you develop routines and take control of your mental health. For example, they can help you manage negative thoughts or use breathing techniques to stay calm. There's even one which lets you create music to reflect how you feel. Using an app like this allows you to put all of these techniques together in one handy place.

I can understand an article about mental well-being.

On the Portal
Extra Practice: Activities 1–3
LIVEWORKSHEETS
www.frenglish.ru