

PART 4
[10 marks]

Questions 25 to 32

Read the text and answer the questions that follow.

Choose **no more than five words and/or a number** from the text for each answer.

Mental health



Taking care of your mental health is very important, and there are simple ways to keep your mind in good shape. If you're feeling sad, stressed, or worried, don't keep it inside. Talk to a friend, family member, or teacher. Sharing your feelings can make you feel better. It's also important to take regular breaks during study or other activities. Do activities you enjoy, like going for a walk, listening to music, or doing something fun.

Too much screen time can affect your mental health, so keep track of how long you spend on phones or computers and take breaks from screens.

Taking care of your physical health supports mental well-being. Make sure to get enough sleep each night; this helps you focus better and keeps your mood positive. Eating healthy food benefits both your body and mind. Regular physical activities that reduce stress, such as walking, yoga, or stretching, can also help improve your mood. Set achievable goals for yourself and avoid putting too much pressure on yourself. Celebrate your small successes to stay motivated and positive.

Remember, it's normal to have ups and downs. If you feel stressed, don't hesitate to talk to someone. For instance, a teacher, counselor, or a trusted adult. Focus on the positive aspects of your life and remember that it's okay to say no if you're feeling too tired or stressed. By following these steps, you can better manage your mental health and maintain a balanced view of life.

- 25 When you have negative feelings, try not to _____ .
- 26 You need to take _____ by going for a walk or listening to music when you feel stressed out while studying.
- 27 Working for a long time on devices such as computers and phones can affect your mental health, so you need to _____ .
- 28 Getting _____ every night will help to keep your mood positive.
- 29 Apart from a good diet, doing _____ can help to boost your mood.
- 30 A few good stress-relieving activities that you can do at home are _____ .
- 31 If you feel overwhelmed, you need to _____ .
- 32 What can you do to avoid putting too much pressure on yourself?

Questions 33 to 34

Complete the table below with **a word** from the text.

For each question, write your answer in the space provided on your answer sheet.

No.	Meaning	Word
33	possible	_____
34	worried	_____