PRACTICE 8

Read the text and answer questions 1 to 10.

Kindness and empathy help us to relate to other people and have more positive and meaningful relationships with friends, family, and even perfect strangers we may encounter. Besides improving personal relationships, being kind benefits one's mental, emotional and physical health.

Kindness contributes to the maintenance of good health and changes brain chemistry. It releases the hormone oxytocin which protects the heart (by lowering blood pressure) and reduces inflammation. When one is kind, endorphins, the body's natural painkiller, and feel-good hormones such as serotonin, the neurotransmitter responsible for feelings of satisfaction and well-being, are also released.

Anxiety is an extremely common human experience. While there are several ways to reduce anxiety such as meditation, exercise, medication and natural remedies, it turns out that being kind to others can be one of the easiest, most inexpensive way to keep anxiety at bay. Showing kindness, helping and building relationships with others lets you get outside of yourself and take a break from the stress factors in your own life. It is an effective strategy for reducing the impact of stress on your emotional well-being.

So how can we show and share kindness? Smile and give meaningful compliments to others as often as possible. Be kind to yourself first, because it would be hard to help others unless you are kind to yourself. Look for opportunities to be kind, however small it may seem. At the end of the day you will realise that kindness really matters and can bring about positive changes in one's life.

© Global Mediastreet Sdn. Bhd. (762284-U)

LIVEWORKSHEETS

Questions 1 to 8
Answer the questions below.
Choose **no more than five words and/or a number** *from the text for each answer.*

1 Kindness helps one to build _____ relationships with family and friends.

2 On a personal level kindness can be beneficial to our _____

_____

3 When we are kind to others our heart is protected because _____ is released.

4 Two very important hormones which help to reduce pain and give one feelings of satisfaction are _____.

5 Apart from medication, people also try to reduce anxiety and stress in their lives through

_____

6 One of the simplest ways to show kindness is to _____

_____ frequently.

7 Before practising kindness on others you need to _____

8 Being kind really matters as it can bring about _____

Questions 9 to 10
Complete the table below with **a word** *from the text.*
For each question, write your answer in the space provided.

Meaning	Word
9 cheap	
10 meet	

© Global Mediastreet Sdn. Bhd. (762284-U)

LIVEWORKSHEETS