

<u>Listen to a talk by Susannah Winters about 'Self-Care' and answer the questions that follow. Your answer should not be more than 5 words.</u>

1) What is the myth about self-care?	
Self-care can be simple. We shouldn't believe that self-ca	re is about a,
pedicure and a marathon on Netflix movies or series.	
2) What is self-care?	
Self-care is about taking care of your	through restorative activities.
3) What is the biggest threat to our well-being?	
Physical and emotional	
4) What restorative activities does Susannah Winters do	to practise self-care?
→ Practise moments of stillness and	·
→ Practise as exercising helps you	r body to release endorphins, the happy
hormone.	
→ Spend time in	
Now flip to page 94 of Pulse 2. Read the text 'Take care o	f yourself' and transfer the information
needed.	
5) 2 . //	1) Do regular
5) Don't worry too much about your physical	It is great for your social life and
you prijotes	it is a great 2)
Ways to Lo	reliever.
After Your	self
4) Look after your health. Find someone to talk to	3) Practise healthy
when you have problems	
burdening you at home or at	Your meals should be balanced and healthy.
school.	and nearly.

