



Unit 9 - vocabulary

4.- Complete the text. Use the word given in capitals to form a word that fits in the gap.

HAPPINESS AND HEALTH

Dutch teenagers have it all!

Scientists have often linked (0) emotional (EMOTION) problems, such as depression, to illness, but, until recently, there has been little research into how happiness can be (1) _____ (BENEFIT) to your health. However, a new study has indicated a close (2) _____ (RELATION) between them. Conversely, a lack of (3) _____ (ENJOY) of daily activities and a pessimistic (4) _____ (PERSONAL) are closely associated with illness. The link between happiness and health is good news for teenagers, as a second report has found that 16- to 17-year-olds express higher levels of (5) _____ (SATISFY) with their lives than any other age group.

Furthermore, the (6) _____ (MAJOR) of teenagers also say they are optimistic about the future. And one study has shown that the happiest and healthiest teenagers of all are Dutch. So, what's different about Dutch teenagers? We're often told that having an (7) _____ (ACT) lifestyle makes us feel better. Dutch teenagers report spending more time than average watching TV and doing little exercise, yet a (8) _____ (REMARK) 95% of them still say they are content with their lives! Perhaps it is doing what you enjoy that matters most!