203 SHARES



With summer officially over, school in session, and holiday gatherings on the horizon, this time of year can be a little overwhelming. If your to-do list is getting out of **hand**, here are 5 simple ways to keep the (inner) peace, from getting outside to simply having a good laugh.

1. Take a nature walk.

Studies have shown that getting outside in nature improves well-being, and you can also gain **1**_____ from autumn's visual cues. For example, those changing leaves are a reminder of impermanence just as they change colours and fall from the trees, so will whatever is stressing you. Be the tree and let what is temporary fall **2** _____.

2. Focus on small tasks.

Practice mindfulness as you complete the smaller things on your list—housework, paperwork, gardening. Focus fully **3.**_____ what you are doing right here, right now, checking in with all your senses as you do your tasks. If your thoughts wander to something bigger looming in the future, gently guide your mind back to the task at hand. **4.** _____ staying in the present moment, you stop **5.** _____ importance and attention to your past or future worries.

3. Watch or read something silly.

Entertainment is more than an escape. Studies have shown that laughter releases the release of stress hormones in your body. Watch a silly movie, or read the latest book from your favourite funny guy or gal.

4. Sing (really).

Studies have found that singing has a positive impact on anxiety, and may even reduce depression. So turn up the music and sing along or gather some friends for karaoke—if nothing else, it will make you laugh (see tip 3).

5. Try a basic breath practice meditation.

This session from Meditation Studio teacher Elisha Goldstein **12.** _____ you to do nothing but watch your breath, which **6.** _____ makes **it** easier for you to focus on other tasks in your everyday life (without stressing). During this practice, it's completely OK if you find yourself thinking about other things - just stay with your breath. "If all you did was notice your mind wandering off and gently brought it back over and over again," Goldstein says, "your time would be well-spent."

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Answer these questions about the document

Choose the correct option to complete the text

1.	points	perspective	money	knowledge
2.	in	over	away	down
3.	around	in	on	over
4.	by	on	for	and
5.	paying	finding	making	giving
6.	suddenly	obviously	eventually	frequently

7. How would you describe the document?
    a. an email
    b. a webpage
    c. an on-line magazine article
    d. an advert

8. What is the purpose of the document?
    a. to discuss
    b. to instruct
    c. to share
    d. to encourage

9. The tone of the text is:
    a. formal
    b. personal
    c. informal
    d. official

10. Which paragraph includes a quotation? _____

11. What part of the text does the picture illustrate?

_____

12. Which words are most suitable to complete the text?
    a. will invite
    b. invited
    c. invites
    d. has invited

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13. What does the pronoun 'it' refer to in paragraph 5, line 2?
    a. watching your breath
    b. focusing on other tasks
    c. doing nothing
    d. stressing

14. The word 'looming' in paragraph 2 could be replaced by:
    a. visible
    b. emerging
    c. far
    d. showing

15. Which pairs of layout features are used in the document?
    a. Bold text and columns
    b. Pictures and diagrams
    c. Subheadings and web links
    d. Web links and text boxes

16. How can pretending to be a tree in Autumn help relieve stress?

_____

_____

17. Write down an example of the imperative in paragraph 1. _____

18. Name two verb tenses that have been used in paragraph 2

_____ _____

19. Which word could replace hand in paragraph 1 with no change in meaning?
    a. order
    b. sight
    c. bounds
    d. control

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