Ways to improve our wellbeing

I- Match some of the life problems with the pictures.

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_____ _____

_____ _____

relationship probles- issues at work - worry about money- physical health- loneliness- depression

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II- Match the correct heading to the paragraph

Spend time with family and friends- Get some exercise- World Mental Health Day- Mental health- Eat well- Mental health in the workplace-

1- _____

Around the world, one in four people will have some kind of mental illness during their lifetime. Around 450 million people are living with a mental health problems right now, making it one of the biggest health issues in the world. Yet people rarely talk about any mental health problems they have because there is still a lot of stigmas.

2- _____

World Mental Health (WMH) Day was first celebrated in 1992. It was created to raise awareness of just how common mental health issues are, fight against stigma, and campaign for better conditions and treatment for people who have a mental health problems. The number of people and organizations involved in celebrating WMH Day has grown and grown, and now many countries, such as Australia, actually have a Mental Health Week, which includes WMH Day on 10 October. Each year there is a different theme. For example, in 2017 the theme was mental health in the workplace.

3- _____

Employers should create an environment which supports good mental health. This also helps to reduce the number of days employees take off work. Employers should help employees to achieve a good work-life balance by encouraging them to take breaks and holidays and discouraging them from working at home in the evenings and at weekends. Employees should also feel that they can talk to their managers about any problems they might have, and employers should be supportive.

4- _____

Of course, we also need to look after our own mental health. Most people know that exercise is good for your body, but did you also know how good it is for your mental health? Regular exercise can really help you deal with anxiety and depression. Spending time in nature can also make people more relaxed and reduce stress. So why not get your exercise by going for a walk in a park or in the countryside?

5-_____

Spend time with family and friends Everyone needs some time alone, but it's also good for us to spend time with other people. If you feel lonely, try volunteering. It's a good way of meeting new people, and you will feel good for helping others. One survey showed that 48 percent of people who volunteered for more than two years said they felt less depressed as a result. If you do have close friends and family, try talking to them more about how you feel and asking them to support you. Every time someone speaks to someone else about mental illness, it helps to reduce the stigma.

6- _____

Your diet can also change your mood. If you eat crisps, cake, chocolate, etc., your blood sugar will rise and fall, making you feel cross and tired. Make sure you are eating enough

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vegetables and fruit or you may be missing some nutrients you need to feel good. It's also important to drink enough water – being thirsty can make it difficult to think clearly.

III- Read the text once again and write true or false

1. People don't often talk about mental health problems because they are not very common.

TRUE/ FALSE

2. Australia doesn't celebrate World Mental Health Day. **TRUE/ FALSE**

3. The writer thinks that working at home on evenings and weekends is not a good idea.

TRUE/FALSE

4. The writer believes that exercising outdoors may be better than exercising indoors.

TRUE/ FALSE

5. Volunteering could make you less depressed. **TRUE/ FALSE**

IV- Complete the sentences with words from the box.

anxiety - four- stigma - supportive- theme

1. Around the world, one in …… people have some kind of mental illness.
2. Mental health in the workplace was the …… of WMH Day in 2017.
3. Employers should be …… towards people with mental health issues.
4. Regular exercise can improve …… and depression.
5. Every time someone speaks about mental illness it helps to reduce the …… .

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V- Let´s write

In what other ways can you support yourself and other people to have better mental health?

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