

9 habits that can damage your brain

1) Listen and watch a video titled "9 habits that can damage your brain". What are the missing words, in your opinion?

- 1 Staying in _____ too much.
- 2 Consuming too _____ news.
- 3 Blasting headphones (very loud _____)
- 4 _____ isolation (not having contact with/talking to people)
- 5 Too much _____
- 6 Consuming too much _____
- 7 Not having the most important meal of the day: _____
- 8 Not doing _____
- 9 Poor _____ habits.

2) Listen and check.

3) Listen again. Are the statements true or false?

a. Being in complete darkness can lead to depression and sleep problems.

b. Listening to very loud music can cause memory problems.

c. It is not so common to want sweet things when we're stressed.

d. It's ok to cover your face with the sheets when you sleep.

4) Discussion: tick the habits you have. How often do you do them?

e.g. I often stay in ...

