


Student's name: _____

Score: _____ / 25 pts - _____ %

You enter an online forum where people share their health problems. Read the posts and write and answer to the person, using 80 words or more:

- Introducing yourself.
- Saying if you've suffered something similar and how you felt.
- Making some suggestions (minimum 2) about how to solve the problem.


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Making lives better

Community / Mental health / Depression
Community / Mental health / Eating Disorders


No motivation every time!

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sam18386 ★6

Hi people. I want a shoulder to cry on! I feel very bad because I suffer from insomnia and it's really frustrating! During the day I don't feel motivated to do anything at all because I'm always tired. I am 35 and I think I have a very decent lifestyle, but I don't think my diet is the best. Maybe this is causing my insomnia? Or maybe it is just my imagination? Help please!

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1

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No motivation every time!

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Anonymous ★3

This is my problem: when I see food, I eat it. I can't save it for later or wait for it to cool down or save some for tomorrow. I just eat it all! And when I've finished, I'll look for more and I'll eat that too. When people tell me that I have had enough food, I stress about that and get really depressed. Is this some type of eating disorder? I'm female and I'm 18 years old. What can I do? HELP PLEASE!

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