Instructions: Complete the sentences using the Zero Conditional. Remember to use the correct verb form to express facts related to emotions and activities that help us feel better.

1. If Martha talks about her problems with a friend, _____
   (she / feel more relieved).
2. If my sister listens to calming music, _____
   (her stress / decrease significantly).
3. If Juanito takes deep breaths when he's anxious, _____
   (he / calm down faster).
4. If my dad goes for a walk in nature, _____
   (he / clear his mind and feel peaceful).
5. If your mom expresses her feelings openly, _____
   (she / build stronger connections with others).
6. If Renato practices meditation daily, _____
   (his anxiety / tend to lessen).
7. If Ana writes in her journal about her emotions, _____
   (she / gain better clarity about her feelings).
8. If Leandro cries after a tough day, _____
   (he / often feel emotionally lighter).
9. If Luisana does yoga regularly, _____
   (her emotional balance / improve).
10. If he reflects on his actions, _____
    (he / understand himself better).
11. If Andres avoids talking about his emotions, _____
    (his stress levels / increase over time).
12. If she laughs with friends, _____
    (she / feel a sense of joy and connection).
13. If he practices gratitude every day, _____
    (he / feel more positive about life).
14. If she disconnects from social media for a while, _____
    (her mental clarity / improve).
15. If he doesn't get enough sleep, _____
    (his mood / be affected negatively).
16. If she shares her fears with someone she trusts, _____
    (her anxiety / decrease).
17. If Samuel exercises regularly, _____
    (he / feel emotionally stable).
18. If she paints or draws, _____
    (she / express her emotions creatively).
19. If he avoids negative thoughts, _____
    (his overall mood / become lighter).
20. If she practices mindfulness, _____
    (she / feel more present and less overwhelmed).

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21. If he takes time to focus on his breathing, _____
(his feelings of panic / reduce).
22. If she spends time with loved ones, _____
(she / feel supported and understood).
23. If he represses his emotions, _____
(he / feel more tension in his body).
24. If she reads a book that inspires her, _____
(she / feel more motivated).
25. If he faces his fears instead of avoiding them, _____
(he / grow emotionally stronger).
26. If she allows herself to cry, _____
(she / experience emotional release).
27. If he avoids situations that cause him stress, _____
(he / maintain a calmer mindset).
28. If she practices self-care, _____
(her emotional well-being / improve).
29. If he talks to a therapist about his issues, _____
(he / often feel more at peace).
30. If she spends time reflecting on her achievements, _____
(she / feel proud and fulfilled).
31. If I don't express my emotions, _____
(I / start feeling overwhelmed).
32. If I sing or dance, _____
(I / release built-up tension and feel happier).
33. If people surround themselves with positive influences, _____
(their mood / improve dramatically).
34. If I allow myself to take a break, _____
(my energy and focus / return stronger).
35. If I focus on the present moment, _____
(my worries about the future / decrease).
36. If people talk about their emotions, _____
(they / create more meaningful relationships).
37. If he practices compassion towards himself, _____
(his self-esteem / improve).
38. If I do something creative, _____
(I / process difficult emotions in a healthy way).
39. If I set healthy boundaries, _____
(I / feel less emotionally drained).
40. If people engage in cathartic activities like writing or painting,
_____
(they / process their emotions more effectively).

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