PART 5

You should spend about 20 minutes in this part.

Read the text below. Six sentences have been removed from the text.
Choose from the sentences **(A – H)** to fit each gap **(35 – 40)**.

The Surprising Benefits of Shedding Tears

Crying is often seen as a sign of sadness or weakness. (35) ____. It turns out that crying has several surprising benefits for both our physical and emotional well-being.

(36) ____. When we cry, our tears contain stress hormones like cortisol, which are expelled from our bodies. This can help us feel calmer and more relaxed after a good cry, almost like hitting a reset button for our emotions.

Moreover, crying can also be cathartic, allowing us to process and express our feelings in a healthy way. Bottling up emotions can lead to increased anxiety and depression, but shedding tears can provide a much-needed release valve for pent-up emotions. (37) ____.

(38) ____. When we see someone else crying, it triggers our natural instinct to comfort and support them. Additionally, crying can strengthen social bonds and foster empathy. Furthermore, tears contain natural painkillers called endorphins, which can help alleviate physical pain and improve our mood. (39) ____.

In conclusion, crying is a natural and beneficial part of being human. Instead of seeing it as a sign of weakness, we should embrace our tears as a powerful tool for emotional healing and connection. (40) ____. Let those tears flow and reap the many benefits they bring.

A This empathy strengthens our connections with others and helps build trust and understanding in our relationship.

B Crying is also a way for our bodies to regulate emotions.

C It's like giving ourselves permission to let go and move forward.

D It's okay to let those tears fall

E Firstly, crying is a natural way for our bodies to release stress and tension.

F So, the next time you feel the urge to cry, don't hold back.

G Did you know that shedding tears can actually be good for you?

H This is why many people report feeling a sense of relief or even euphoria after a good cry.

[6 *marks*]

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