Reading and Listening Comprehension

Nature can reduce anxiety and boost mental health

We all know that **being / been** in nature is good for us. New research suggests that being in the natural world for **adjust / just** 10 minutes can help our mental health. The research also says spending time without / with others in **natural / naturally** environments can help relationships. Even being in city **park / parks** and gardening can make a **difference / different**. A study from the City University of Hong Kong found that nature increases what / how we see other people as "fully human". The **research / researchers** say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about **themselves / ourselves**. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and **anxiety / anxious.**

Mental health is an issue that is **grown / growing** around the world. More people are suffering from anxiety, depression and **another / other** psychological disorders. The National Alliance on Mental Illness in the USA reported that **one / once** in five Americans has mental health problems. The research contains good **advice in / on** how nature can help with **these / them** issues. It says time spent among trees or **at / in** fields is linked with better sleep and improved **concentrate / concentration**. One study from Chiba University in Japan found that **ever / even** flowers have positive effects on mental health. Researchers found that employees who had a **vast / vase** of roses on their desk became calmer and less stressed **after / before** just four minutes

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