

LISTENING COMPREHENSION B2

VERSION 2

Listen to the recording and answer the questions.

1. How long has the speaker been practicing mindfulness and self-care?
2. What does the speaker do for twenty minutes every morning?
3. Which three evening habits help the speaker reflect on the positive things in life?
4. What changes did the speaker notice after starting meditation?
5. What advice does the speaker give to people who feel stressed or anxious?
6. Do you think it is difficult to start a mindfulness routine? Why or why not?
7. What is one self-care activity you already practice, and how does it help you?
8. In your opinion, why do many people today feel stressed or overwhelmed?
9. How could schools or workplaces encourage mindfulness or self-care?
10. The speaker says, "mindfulness is not just a practice—it's a way of living." Do you agree with this idea? Explain.

