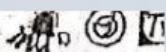


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Emotions and Health

By Sarah Brown

7 hrs ago

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Have you ever heard of people having *cold feet*? Has anyone asked for your support because they were *heartbroken*? These familiar expressions¹ show that we often experience emotions directly in our bodies. When we are about to meet the person we love, our heart pounds with excitement and we feel like we are flying. However, our hands sweat and tremble when we are anxious before an exam. Stress and problems are a normal part of life. Also, some external factors can disrupt our emotional health. Both "good" and "bad" changes in our lives can be just as stressful.

Our body responds to the way we think, feel and act. It lets us know when something is not right. It sends us messages through physical signs.

In a study performed in Finland people reported that happiness and love sparked activity across almost the entire body. On the other hand, depression dampened feeling in the arms, legs and head. Danger and fear triggered strong sensations in the chest area, and anger was one of the few emotions that activated the arms.

The results of the study have shown that emotions are not necessarily culturally bounded. They² affect people in the Eastern countries much in the same way as people in the Western countries.

Researchers suggest we should recognise our emotions and understand why we experience them, and they³ offer some tips.



Express your feelings in appropriate ways. Let your loved ones know when something is wrong, but look for advice and support from someone who is not directly involved in the situation.

Live a balanced life. Try to focus on the positive things in your life when you deal with negative feelings. Always make time for things you enjoy and leave aside things that hurt you.

Develop resilience. Cope with stress in a healthy way. Accept change while keeping a positive view of yourself.

Calm your mind. Try to relax by meditating, exercising, stretching or breathing deeply.

Take care of yourself. Nothing is more important than your wellbeing. Have healthy meals, get enough sleep and exercise. Avoid overeating and don't abuse drugs or alcohol.

And remember you can always find help if you look for it.

Solve

1. Match

IF YOU ARE ANXIOUS,

WE FEEL IT IN THE CHEST.

IF WE ARE AFRAID,

YOUR HANDS TREMBLE.

WE DEVELOP RESILIENCE

IF YOU ARE ANGRY OR DEPRESSED.

TELL YOUR LOVED ONES

IF SOMETHING IS NOT RIGHT.

OUR BODY SENDS MESSAGES

IF WE ACCEPT CHANGE IN A POSITIVE WAY.

2. Complete the sentences with the given words.

STRESSED RELAXED ANGRY TIRED UPSET WORRIED DOWN

1. If you are feeling , you are sad.
2. If you are , you think something bad can happen.
3. If you are , you want to rest.
4. If you feel , you can't relax.
5. If you fell , you are calm.
6. If you are , you want to shout.
7. If you are , you are unhappy.

3 Complete with the verbs in the correct form

1. If you a toothache, to the dentist. (have-go)
2. If you a headache, an aspirin. (have-take)
3. If you a cold, some tea with honey and lemon. (have-have)
4. If you tired, a nap. (be- take)