BE HEALTHY WITH NO MEDICINE

At least 9 out of 10 illnesses are caused by stress, pressure and anxiety. It is because we respond to problems that can produce many symptoms of illness. But our minds can make us feel better and help us to stay healthy.

There are a number of ways to improve your health:

1. Laugh all the time. Laughter is a positive, natural phenomenon which helps with respiration, blood pressure and the heart.

2. If you feel sad, cry. Tears provide an important stress relief. If you don't cry, you increase the stress.

3. Control your anger. Anger is a killer. Uncontrolled anger causes heart diseases. Find a positive way to release it, such as physical exercise or talking about your problems.

4. Smile a lot. If people see you smiling, then they'll smile back at you. They'll like you, too.

5 .Don't be stressed,put a reason in life. You'll give yourself new powers to combat the stresses associated with frustrations, boredom and pressure.

WRITE TRUE "T" OR FALSE

1. Laugh is a positive way to be happy.   (   )
2. Stress is a pressure in life.   (   )
3. If you don't cry, you increase the stress   (   )
4. Uncontrolled anger causes heart diseases (   )

PREDICT THE MEANING OF THESE WORDS. (Number from 1 to 4)

1. Anxiety   (   )

2. Relief   (   )

3. Anger   (   )

4. Heart   (   )

MENTION THE 5 TIPS FOR BEING HEALTHY:

1. _____

2. _____

3. _____

4. _____

5. _____