

People are unique in their passions, attitudes, and goals, and these qualities shape who they become. Having a passion for something—whether it's music, sports, or helping others—adds purpose to life and provides motivation to overcome challenges. When people pursue their passions, they often develop resilience and find joy in their achievements, which contributes positively to their mental health.

A positive attitude is another essential quality that influences mental well-being. People who approach life with optimism and a sense of calm are better equipped to handle stress. Staying calm in difficult situations not only helps maintain mental balance but also allows people to make thoughtful decisions rather than reacting impulsively. This calm approach is beneficial not just for the individual but also for those around them.

Respect is a quality that strengthens relationships and builds a sense of community. Showing respect for others' ideas, feelings, and beliefs helps people form meaningful connections. When individuals feel respected, they are more likely to feel valued and appreciated, boosting their self-esteem. This mutual respect fosters a supportive environment, where everyone feels encouraged to share their thoughts and ideas.

Opportunities for growth also play a vital role in mental health. When people are given chances to learn new skills, take on responsibilities, or pursue their dreams, they feel a sense of accomplishment and pride. Achieving goals, no matter how small, builds confidence and motivates people to aim higher.

In summary, having passion, a positive attitude, respect for others, and opportunities for growth are all crucial for mental health. When people are proud of who they are and what they contribute to their communities, they are more likely to experience happiness and fulfillment in life. Supporting these qualities in each other helps create a world where everyone can thrive.

Circle the correct answer

1. According to the passage, how does pursuing passions affect people?

- A) It leads to feelings of resentment.
- B) It contributes positively to mental health.
- C) It causes impulsive behavior.

2. How does a calm attitude benefit an individual?

- A) It allows for thoughtful decision-making.
- B) It causes people to ignore challenges.
- C) It makes people react impulsively.

3. What is a result of showing respect to others?

- A) It discourages sharing of ideas.
- B) It boosts self-esteem and forms connections.

C) It makes people feel isolated.

4. Why is having a positive attitude important for mental health?

A) It encourages people to take risks without thinking.

B) It helps people manage stress and stay balanced.

C) It makes people focus only on their own needs.

5. What effect does feeling proud of one's accomplishments have on people?

A) It reduces their confidence.

B) It builds confidence and encourages them to aim higher.

C) It prevents people from wanting to try new things.

6. How does respect help create a supportive environment?

A) It encourages people to ignore differences.

B) It makes everyone feel valued and comfortable sharing ideas.

C) It leads to arguments over beliefs.

7. What role do opportunities for growth play in people's lives?

A) They cause people to feel overwhelmed.

B) They make people ignore personal accomplishments.

C) They help people feel accomplished and motivated.

8. What is a benefit of achieving small goals, according to the passage?

A) It builds confidence and motivation.

B) It causes people to lose interest in larger goals.

C) It limits people's sense of fulfillment.