

How the weather influence people.

How do you feel in different weather conditions?

Weather has a profound impact on our daily lives, influencing everything from our mood and energy levels to our social interactions and health. For many, the sun shining brightly can bring feelings of happiness and motivation. People are often more active on sunny days, engaging in outdoor activities like jogging, cycling, or simply enjoying a picnic in the park. The warmth of the sun can boost serotonin levels, a chemical in the brain that contributes to feelings of well-being.

Conversely, gloomy or rainy weather can lead to feelings of sadness or lethargy. Studies have shown that prolonged exposure to gray skies can contribute to conditions such as Seasonal Affective Disorder (SAD), a type of depression that occurs at certain times of the year, usually in winter when daylight hours are shorter. People may find themselves less inclined to socialize or engage in physical activities during these periods.

Additionally, weather can influence our health. For instance, extreme heat can lead to heat exhaustion or heatstroke, especially among vulnerable populations like the elderly. On the other hand, cold weather can increase the risk of illnesses such as colds and flu, as people tend to spend more time indoors in close proximity to others.

Weather also plays a significant role in our planning and decision-making. Events like weddings, festivals, or sports games are often contingent on favorable weather conditions. A sudden rainstorm can lead to cancellations or changes in plans, affecting not only individuals but also businesses that rely on outdoor events.

In conclusion, weather is more than just a topic for conversation; it shapes our emotions, health, and social lives. Understanding its influence can help us better prepare for and respond to the changes in our environment.

### **I. Mark the sentences as True or False.**

1. Sunny weather can increase feelings of happiness and motivation in people.
2. Seasonal Affective Disorder (SAD) typically occurs during the summer months when there is more daylight.
3. Extreme heat can lead to health issues such as heat exhaustion or heatstroke.
4. Gloomy weather can cause people to feel more active and social.
5. Cold weather can raise the risk of illnesses like colds and flu due to increased indoor gatherings.
6. Weather conditions have no effect on planning events like weddings and festivals.
7. Understanding the influence of weather can help individuals better prepare for changes in their environment.

## II. Fill in the gaps.

1. Weather influence everything from our mood and energy levels to our social interactions and \_\_\_\_\_.
2. For many, the sun shining brightly can bring feelings of happiness and \_\_\_\_\_.
3. People are often more active on sunny days, engaging in outdoor activities like jogging, cycling, or simply enjoying a \_\_\_\_\_ in the park.
4. Seasonal Affective Disorder (SAD) is a type of \_\_\_\_\_ that occurs at certain times of the year.
5. Extreme heat can lead to heat exhaustion or \_\_\_\_\_, especially among vulnerable populations like the elderly.
6. People tend to spend more time \_\_\_\_\_ in close proximity to others.
7. Events like weddings, festivals, or sports games are often contingent on favorable weather \_\_\_\_\_.

## III. Discuss the questions.

1. How does sunny weather affect people's mood and activities?
2. What is Seasonal Affective Disorder (SAD), and how is it related to weather?
3. In what ways can extreme heat and cold impact people's health?
4. How does weather influence planning for events like weddings or festivals?
5. Why is it important to understand the effects of weather on our daily lives?