

How to Live a Happier Life

Do you often have **negative** thoughts? Do you and your friends often **complain** about things? Read these five tips to help you have a more positive attitude about life.

(1) Find the positive, however small

Bad things happen to all of us, but the most important thing is to focus on the positive. For example, next time you're stuck in traffic, think how great it is that you can finish listening to your favorite playlist. If you don't have much in your fridge, and the stores are closed, get creative and think of what you can invent with the ingredients you have. It can be exciting to try something new.

(2) See the funny side of things

When things go wrong, find a way to joke about it. It may not be funny right away, but you'll laugh about it with your friends soon enough. So, next time you get **a flat tire**, or you don't do well in an interview, try to smile and think about how it could make a good story in the future.

(3) Focus on now

It's easy to think too much about things that have already happened and to get worried about what will happen tomorrow. We all do this sometimes. But remember, you can't change the past, and no one can control the future, so the best thing is to focus on the present. This is the one moment in which you can make a difference.

(4) Find positive friends and coworkers

Being around negative people will make you feel negative, too. Spend time with people who will make you laugh and help you believe in yourself, not those that spend all day complaining. It's hard to feel negative when you have positive people around you.

(5) Be kind to others

One of the best ways to make yourself feel good is to help others. Find ways to volunteer in your community. Spending time helping other people can give you a better perspective on life and make you value what you have.

negative bad; not hopeful

complain say that you are unhappy with a person, thing, or situation

a flat tire a tire that doesn't work because it doesn't have enough air inside

Volunteering at a local school is a great way to help others in your community.

A Before you read, answer the questions.

1. What are two things you do to make yourself feel happier?

I listen to music and dancing alone or with my friends and talk with them.

2. What are some things that can make you feel less happy?

Losing the people I love and seeing animals die.

B Read the article. Match the subtitles from the box to the correct paragraphs. One subtitle is not needed.

Be kind to others

Find positive friends and coworkers

Find the positive, however small

Focus on now

Get active

See the funny side of things

C Read the statements below. Circle **T** for true, **F** for false, or **NI** for no information.

1. You should try to see something good in every situation.

☒ T ☐ F ☐ NI

2. It's not a good idea to tell anyone about bad things that happen.

☐ T ☒ F ☐ NI

3. It's a good idea to think a lot about past events in your life.

☐ T ☒ F ☐ NI

4. The most important things to change are bad habits.

☐ T ☐ F ☒ NI

5. Other people's attitudes can have a strong effect on your own.

☒ T ☐ F ☐ NI

6. You should find friends who make you feel happy.

☒ T ☐ F ☐ NI

7. Collecting trash or cleaning up a park is a great way to volunteer.

☐ T ☐ F ☒ NI

8. Helping others can make you see what is important in your life.

☒ T ☐ F ☐ NI

D Write the underlined phrases from the article next to the phrases below with the same meaning.

1. thing go wrong things don't happen as you planned them

2. give you a better perspective on life help you see things more clearly

3. stuck in traffic in a line of cars not moving

4. spend all day complaining talk about negative things all the time

5. volunteer in your community help out in your town without being paid

6. no one can control the future we can't decide what will happen tomorrow

7. invent with the ingredients you have create with whatever is in the kitchen

E Match the two halves of the phrases from the text.

1. try d

a. yourself

2. focus on e

b. wrong

3. believe in a

c. a difference

4. go b

d. something new

5. make c

e. the positive

A Match the topic sentences and supporting details.

1. **Topic sentence:** Exercising regularly is important for a healthy lifestyle.

Supporting detail: c

2. **Topic sentence:** e

Supporting detail: Poor sleep can increase feelings of hunger and cause you to eat more.

3. **Topic sentence:** Playing a team sport helps you develop useful skills.

Supporting detail: b

4. **Topic sentence:** Natural remedies can be a great way to cure health problems.

Supporting detail: d

5. **Topic sentence:** a

Supporting detail: Yearly check-ups can detect health problems early, so they can be treated easily.

- a. Regular visits to the doctor can prevent you from getting really sick.
- b. You can learn to manage your time by planning around team activities like games and practices.
- c. Aerobic exercise, such as running or swimming, can make your heart and lungs stronger.
- d. Most of them use things you probably already have in your home, like lemons, onions, or olive oil.
- e. Sleeping well is as important for weight loss as exercising.

B Match the three types of supporting details to the three details given in the text (a–c).

1. explanation b

2. reason c

3. example a

Physical activity is important for everybody to keep healthy. Not doing any exercise can cause serious problems for your body. **(a) People who don't do regular exercise are at risk of developing life-threatening health problems, such as heart disease, high blood pressure, or osteoporosis.** If you keep active, your bones, joints, muscles, and heart will all stay younger. **(b) In this case, "active" means getting your heart rate to up to 80% of its maximum.** This kind of exercise might sound uncomfortable for some people, but it's necessary a few times a week if you want your body to work longer. **(c) This is because intense physical activity is beneficial at the cellular level and helps the body repair itself.** So, if you want to avoid physical problems in old age, exercise including some intense activity must be part of your routine.

C What are the ingredients for a healthy life? What habits, foods, or remedies do you think are most important for staying healthy? Organize your advice into the paragraph outline below.

Topic sentence: Eating healthy food and exercising is important.

Supporting detail 1: Exercising it can have a positive effect on our health

Supporting detail 2: and make us feel better. having healthy meals is very important

Supporting detail 3: Exercising eating healthy food and drinking enough water help keep us healthy

Review

A Answer the questions using words from the box. One is not needed.

arteries brain heart kidneys lungs muscle skin stomach veins

1. I cover the body and protect it from getting sick. What am I? skin
2. We take blood around the body. What are we? arteries and veins
3. When you eat food, it comes to me so I can digest it. What am I? stomach
4. We bring air into the body. What are we? lungs
5. I think, and I tell your body what to do. What am I? brain
6. I push blood around the body. What am I? heart
7. We help clean the blood. What are we? kidneys

B Complete the sentences with a comparative, superlative, or equative form so that the second sentence has the same meaning as the first.

1. Nothing is better than yoga to relax the body and mind.
Yoga is the best thing for relaxing the body and mind.
2. White rice is not as healthy as brown rice.
Brown rice is healthier than white rice.
3. Nothing is worse for your health than a bad diet.
A bad diet is the worst thing for your health.
4. My sister finds running less enjoyable than dancing.
My sister thinks dancing is more enjoyable than running.
5. A good night's sleep is more beneficial than a short nap.
A short nap is not as beneficial as a good night's sleep.
6. No activity is as relaxing as walking in the park on a sunny day.
Walking in the park on a sunny day is the most relaxing activity.

C Match the sentence halves.

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| <u>b</u> 1. Drink ginger tea | a. to protect your skin. |
| <u>c</u> 2. You need to exercise enough | b. to stop nausea. It's a good natural remedy. |
| <u>e</u> 3. Take a short nap after lunch | c. to keep your muscles and joints strong and healthy. |
| <u>f</u> 4. A healthy, balanced diet is an important way | d. to lower a fever. |
| <u>d</u> 5. Some people recommend taking an aspirin | e. to help you concentrate better in the afternoon. |
| <u>a</u> 6. You should use sunblock | f. to help your organs function well. |