

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

(2018 - 2019)

Action Pack 12



Units 1 - 4

ملخص القطع - ٢٠١٩

الدورة الشتوية



Emad Abu Alzumar

0785915568

0796145755

عماد ابو الزمر

Are happier people healthier – and, If so, why ?

It's normal to *feel a bit blue* from time to time. However, studies show that *negative emotions* can harm the body.

1. What is the effect of negative emotions on health ?

Negative emotions can harm the body

E.g. = feel a bit blue = become sad

Anger can also have harmful effects on health. When you **see red**, your *blood pressure is raised* and you *suffer from headaches, sleep problems and digestive problems*. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health.

1. Mention some examples about negative emotions .

a. anger

b. see red = become angry

feeling = anger

c. feel a bit blue = become sad

feeling = sadness

2. Mention four effects of anger and stress (see red) on health :

a. Your blood pressure is raised

b. You suffer from headaches.

c. You suffer from sleep problems

d. You suffer from digestive problems

3. What is the opposite of positive feelings and attitude ?

Negative emotions

4- What is the difference between negative emotions and positive feelings according to scientists ?

- Negative emotions can harm the body .

- Scientists had not investigated whether there is a **link** (relationship) between positive feelings and good health.

5. Write down the sentence that shows there is no relationship between positive feelings and good health.

"Until recently, scientists had not investigated whether there is a link between positive feelings and good health."

Then, in a study that followed more than 6000 men and women aged 25 – 74 for 20 years , researchers found the positivity reduced the risk of heart disease. Other **factors** influencing health included a supportive network of family and friends, and an optimistic outlook on life.

1. What is the result of positivity on health ? What did researchers find about positivity ?

Positivity reduced the risk of heart disease.

2. Mention three factors (reasons) that influencing health positively .

- Positivity

- A supportive network of family and friends

- An optimistic outlook on life.

The research showed that children who were more able to stay focused on a task, **and** who had a more positive attitude to life at age seven, were usually in better health 30 years later.

1. Mention two reasons that make children in better health 30 years later according to the research :

- Children who were more able to stay focused on a task

- Children who had a more positive attitude to life at age seven

The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not individual's attitude. The researchers, while agreeing, raise the question: why are people making bad lifestyle decisions ? Do more optimistic people make better and healthier lifestyle choices ?

1. Mention two examples of bad lifestyle choices :

- a- smoking
- b- lack of exercise

2. According to professional believe , give two reasons for heart disease and other illnesses.

- a- smoking
- b- lack of exercise

2. What is controversial about the researchers study ?

Many other researchers believe that bad lifestyle choices are responsible for these problems and not an individual's attitude .

The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry. However, they believe that if we teach children to develop positive thinking, and to 'bounce back' after a setback, these qualities will improve their (children) overall health in the future.

1. What will improve children's overall health in the future ? Mention two qualities .

- a- Teaching children to develop positive thinking.
- b- Teaching children to 'bounce back' after a setback.

Key Word	Meaning in English	Arabic
optimistic	believing that good things will happen in the future.	متفائل
focus on	to direct your attention or effort at something specific.	يركز على
raise	a question to bring up a problem or cast doubt on something.	يسأل - يرفع
bounce back	to start to be successful again after a difficult time.	نهوض بعد الفشل
set back	a problem that delays or stops progress, or makes a situation worse	فشل - اخفاق