**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.

Anger can also have harmful effects on health. When you **see red**, your blood pressure is raised and you can 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.

Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that 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.

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.

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 an 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?

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 overall health in the future.

1. It’s normal to feel a bit blue from time to time. Write down the reason for that.
2. There are some possible effects of anger on someone’s health. Write down two of these

effects.

1. There is a controversy about the researchers’ study. Write it down.
2. Write down the sentence which indicates that scientists didn’t do any research to find any

relation between feelings and health in the past.

1. Some scientists believe that bad lifestyle choices affect health negatively. Write down two

of these choices.

1. Some scientists believe that bad lifestyle choices have some bad effects on health. Write

down two of these effects.

1. The researchers’ study came out with many findings. Write down two of these findings.
2. There are certain qualities that will improve the children’s overall health in the future.

Write down two of these qualities.

1. There are two factors that have influences on health. Write them down.
2. The research showed that people who had lived a certain childhood lifestyle lived in a

better health for many decades. Write down two childhood lifestyle.

1. Replace the underlined colour idiom with a suitable phrase that has a similar meaning to

it.

1. What does the underlined word “**who**” in the fourth paragraph, refer to?
2. Find a word in the text which means “**believing that good things will happen in the**

**future”**

1. What does the underlined pronoun “**they**” in the last paragraph, mean?

**Critical Thinking**

People sometimes make bad lifestyle decisions. Think of this statement, and in two sentences write your point of view.