

Time spent in an English-speaking country: X

Age: None

Semester: 6

Faculty: Human Sciences

Topic: Grafting some fixed relaxation time onto a busy schedule may lead not only to a less hectic lifestyle, but also to a healthier mind and body.

Original Text:

Title: Grafting some fixed relaxation time onto a busy Schedule may lead not only to a less hectic lifestyle, but also to healthier mind and body.

I think, when you have a busy Schedule and need to more things in some time you need to take rest. and relaxation, that will be lead to health your body because if you work to along time without relaxation you will be hard and you will work as a Banda!! Thats my opinion. So the rest help your healthier body.

Health mind will be save because your mind will be take a rest. If you will dont take a rest from thinking about what you do and how. all that things can cause stress and work under pressure and over thinking! So the rest will be save your healthier mind.