

**Time spent in an English-speaking country:** X

**Age:** 23

**Semester:** 6

**Faculty:** Human Sciences

**Topic:** Achieving a clam, relaxed manner will boost your sense of happiness

**Original Text:**

**Title:** Achieving a clam, relaxed manner will boost your sense of happiness

We need as a human been be relax and clam to have mental and phical health to be happier. It is important to work hard, to achieve your goals and to have a self-steem, but also you should have a good rest to charge your enargy, if you want to continou your work.

Having a good asleep and relax without do anything will help you to keep going in your way. Working hard and have a good rest have the same importance.