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## NTEGRATED TASKS

Section Complete the translation from Chinese into English Use the words in the box.

make sure anxiety vital focus on worth

对我们大多数人来说压力是不可避免的。失业或者财政问题甚至像生日这种值得庆祝的事情都会产生压力。压力与体重增加、心脏病的发作以及焦虑有关。然而,如果生活中没有压力——良性压力,我们就会感到毫无目标并且不快乐。事实上,良性压力形式多样,在我们健康生活中起着至关重要的作用。

所幸的是,我们可以为自己的生活增添良性压力!确保专注于一些 值得去做的活动,设定一些让我们感到快乐和兴奋的目标。

总之,为了在生活中保持健康的平衡,要尽力让自己拥有更多良性的压力,尽可能减少不良的慢性(chronic)压力。

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Notes

Task 1. Complete the mind map of the passage. leady marked health Present situation amilies have fallen apart There are wars in many countries Main causes Anxiety in American teens loclety function Influences on health Solutions Task 2. What is your understanding of the last sentence "positive thinking isn't enough; it must be positive feelings from the heart to affect your body and brain"? Task 3. Write a letter to Li Mei to help her and cheer her up. Dear Li Mei, I am sorry to learn that you have just transferred to a new school and been feeling down recently. But you are not alone. I happened to have read an article about anxiety among American teens. Usually there are three main causes of anxiety. I think I really hope that these suggestions help you. Enjoy your new life. Yours,

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UNIT 1