**SUMMARY**

1. Use the information below to write a summary on simply ways to keep a happy, healthy mind.

2. You must write a fluent paragraph, using your own words.

3. Your summary should include SEVEN points and NOT exceed **90 words**.

4. You are NOT required to include a title for the summary.

5. Indicate your word count at the end of your summary.

**SIMPLE WAYS TO KEEP A HAPPY, HEALTHY MIND**

1 We all know that what we eat has a big impact on our physical wellbeing, but it also affects your mental happiness. As the old saying goes: a healthy body makes a healthy mind, so think about your diet and what foods you maybe eat too much of.

2 Doing a little exercise every day has many different benefits; both mental and physical. When you exercise your body releases endorphins which can greatly improve your mood. You don’t have to spend a lot of money and join a gym to get some exercise; walking or cycling to your destination instead of driving, cleaning the house while listening to music and gardening are all easy ways to get the blood pumping.

3 Many mental health problems have their roots in trouble with communication and can be helped or even prevented by keeping in touch with others and maintaining strong relationships. If you are having difficulties then some of the best help can be given by friends or family, so talk to them.

4 So much of our lives are taken up by the pressures of work these days that we can sometimes forget about what we enjoy. Taking some time out to dedicate just to yourself will help you cope with stress, focus your mind and allow you to express yourself.

5 Many people are unhappy or self-conscious about their appearance, the way they speak or their background; comparing themselves unfairly to others they see in magazines or on television. Take five minutes every day to list the qualities that make you unique, thinking of one positive and then one negative, and try to accept that you are you; which is the best person you can be.

6 Part of maintaining healthy relationships is returning concern for those who care for you. Really caring for others can help greatly improve your mental health and allow you to explore feelings you may have grown out of touch with. Allowing yourself to have feelings for others helps you understand why other people care for you and why you should care for yourself.

7 Just like the rest of your body your brain needs exercise too in order to stay healthy. There are lots of different ways you can do this; from computer games to doing the cross word. Your mind is your most valuable tool so keeping it fully functioning is very important to staying happy and living an active life.

**MEMO**

**SIMPLE WAYS TO KEEP A HAPPY, HEALTHY MIND**

**PARAGRAPH**

A healthy mind is as crucial as a healthy body. Eating healthy foods can keep your mind healthy and doing exercise can release mood-enhancing endorphins. Maintaining strong relationships is an antidote to mental health problems while keeping communication healthy. Having a hobby relieves stress while helping you to express yourself. Be yourself, as you are a unique being, unlike any other. Caring for others is a first step in also loving yourself. Memory and skill-enhancing exercises will keep your mind healthy and happy. (88 Words)

