



Health psychological problems

EMOTIONAL PROBLEMS: stress, depression, anguish, shyness, unhappiness, anxiety, self-blame ,victim mentality
recklessness, toxic feelings,

Nature elements





I feel relaxed/sad/happy/stressed IF...

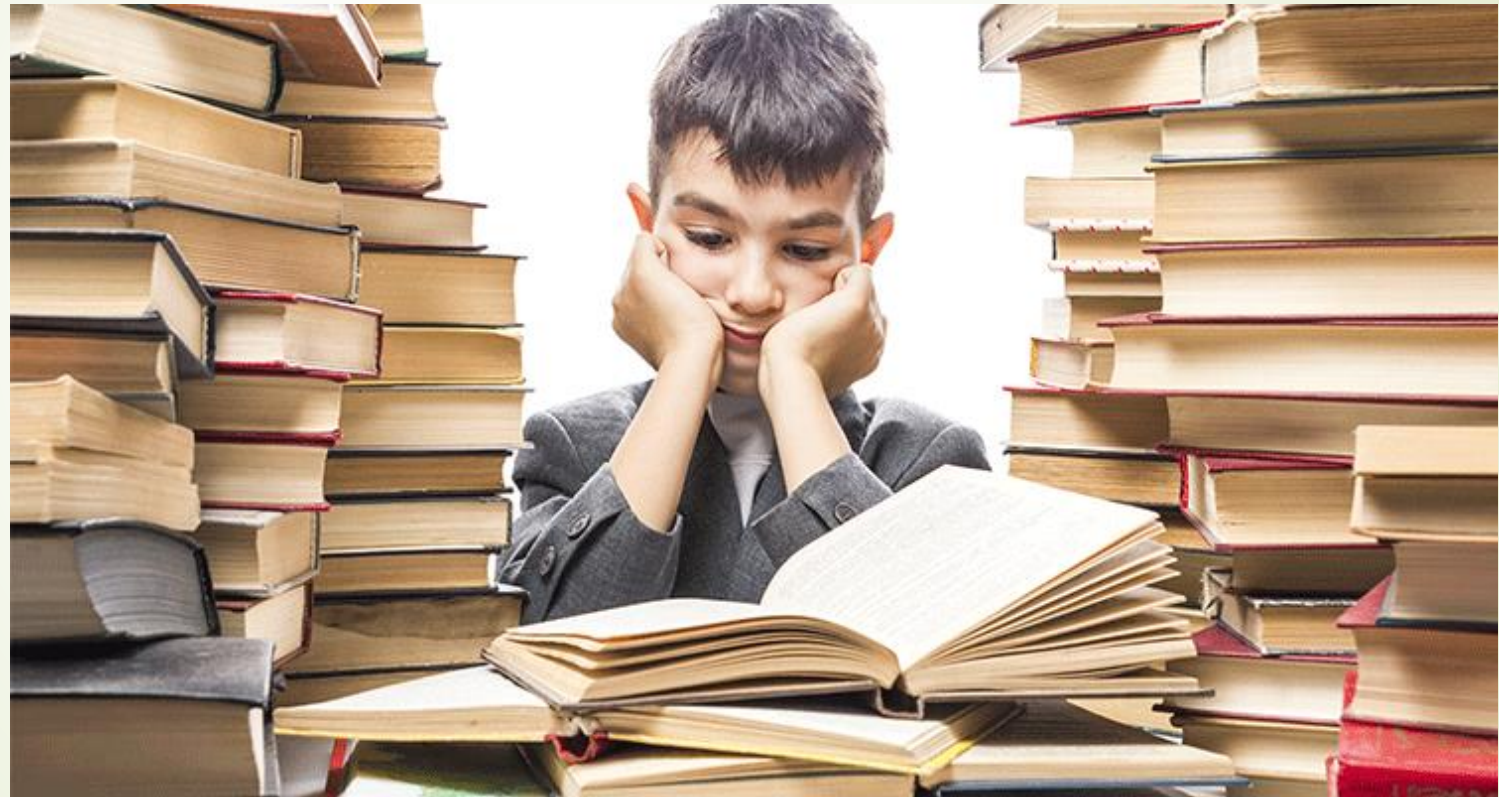
- I FEEL RELAXED IF I HAVE MONEY
- I WILL FEEL RELAXED IF I HAVE MONEY

USING CONDITIONAL FORM

➤ COMPLETE THE SENTENCE:

- 1. IF YOU HAVE A LOT OF MONEY.....**
- 2. IF HE VISITS HIS PARENTS**
- 3. IF THEY DO NOT PARTICIPATE IN CLASS**
- 4. IF CLASSMATES LOST THE YEAR**
- 5. IF YOUR FRIEND BUY A CAR ____**

A lot of work





read a book, comics, tales



listen to music



Fight with your parents, brothers, etc. family



Practice

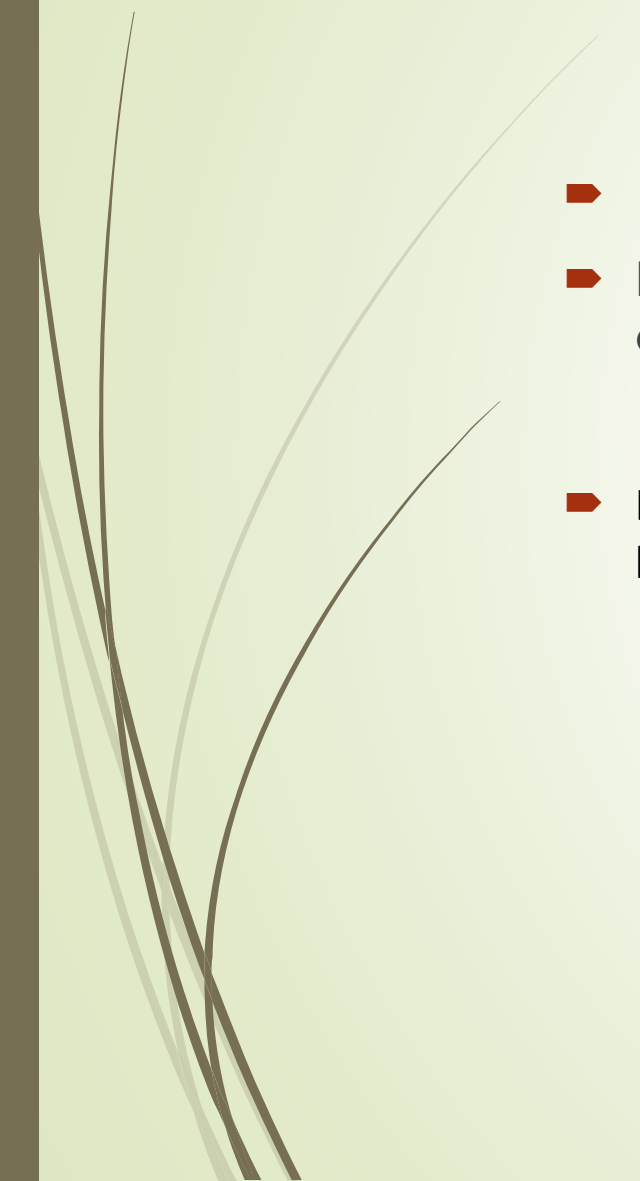


Wash the dishes





WILL WE NEED INNER PEACE?

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- ▶ What do you think is necessary to feel inner peace?
 - ▶ Be calm, spiritual choice, opportunities to grow up, new things, more energy
 - ▶ **HOMEWORK:** students will design a poster in which they can show what makes them feel better and worse and provide a possible solution.

