



Is Your Set Point Keeping You from Losing Weight?

Description

Good news for bird lovers! A new study has revealed that birdwatching can benefit mental health. Researchers found that spending time observing birds in nature can reduce stress and anxiety levels.

The study, conducted by a team of psychologists from the University of Exeter in the UK, surveyed over 270 people who engaged in birdwatching regularly. The participants reported feeling happier and more relaxed after birdwatching sessions.

One reason for this positive effect is the connection to nature that birdwatching provides. Being outdoors and focusing on the beauty of birds can help calm the mind and promote a sense of well-being.

Experts suggest that even just a few minutes of birdwatching a day can make a difference in mental health. So, next time you feel overwhelmed or stressed, consider taking a short break to watch the birds outside your window or in a nearby park.

Birdwatching doesn't require any special equipment - just a pair of eyes and a sense of wonder. Whether you're a beginner or a seasoned birdwatcher, the benefits of this hobby are available to everyone. So grab your binoculars or simply step outside and enjoy the calming effect that birdwatching can have on your mind.

Vocabulary List:

1. **Benefit** /'benɪfɪt/ (noun): An advantage or profit gained from something.
2. **Reduce** /rɪ'dju:s/ (verb): To make something smaller or less in amount degree or size.
3. **Anxiety** /æŋ'zaiəti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
4. **Positive** /'pɒzɪtɪv/ (adjective): Characterized by the presence of features or qualities that are constructive or beneficial.
5. **Calm** /kɑ:m/ (verb): To make someone or something quiet or still; to soothe.
6. **Engaged** /ɪn'geɪdʒd/ (verb): Having formally engaged captivated or involved someone in a particular activity.

Comprehension Questions



Multiple Choice

1. How can birdwatching benefit mental health?

- Option: Reduce stress and anxiety levels
- Option: Improve physical health
- Option: Increase work productivity
- Option: Enhance memory

2. Which university conducted the study on birdwatching and mental health?

- Option: Harvard University
- Option: University of Exeter
- Option: Stanford University
- Option: Oxford University

3. What is one reason for the positive effect of birdwatching on mental health?

- Option: Improved eyesight
- Option: Connection to nature
- Option: Social interaction
- Option: Listening to music

4. How many people were surveyed in the study on birdwatching and mental health?

- Option: 150
- Option: 270
- Option: 400
- Option: 600

5. According to experts, how often should one engage in birdwatching to see mental health benefits?

- Option: Every hour
- Option: Every day
- Option: Once a week
- Option: Once a month

6. What equipment is recommended for birdwatching?

- Option: Telescope
- Option: Microscope
- Option: Magnifying glass
- Option: Binoculars



Answer

Multiple Choice: 1. Reduce stress and anxiety levels 2. University of Exeter 3. Connection to nature 4. 270
5. Every day 6. Binoculars

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What was highlighted at the food festival?

- Option: Attendees
- Option: Performances
- Option: Cuisines
- Option: Delighted

2. Which emotion did the guests feel after the event?

- Option: Satisfaction
- Option: Disappointment
- Option: Delighted
- Option: Anxiety

3. What helps in predicting future outcomes?

- Option: Forecasts
- Option: Boost
- Option: Nutrients
- Option: Variety

4. Which mindset can help reduce anxiety?

- Option: Negative
- Option: Positive
- Option: Calm
- Option: Engaged

5. What is necessary for overall well-being?

- Option: Illnesses
- Option: Benefit
- Option: Essential
- Option: Reduce



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6. What feeling is derived from incorporating consistency into life?
Option: Reduce
Option: Boost
Option: Satisfaction
Option: Variety
7. What brings excitement by reducing monotony?
Option: Eagerly
Option: Anticipating
Option: Rescheduled
Option: Variety
8. What effect did the engaging performances have on the audience?
Option: Postponed
Option: Boosted
Option: Disappointment
Option: Satisfaction
9. What can be prevented by incorporating a balanced diet rich in nutrients?
Option: Well-being
Option: Variety
Option: Illnesses
Option: Benefit
10. What were the attendees eagerly doing before the event?
Option: Reduce
Option: Anxiety
Option: Anticipating
Option: Positive

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The event was _____ due to unforeseen circumstances.
12. Meditation can help _____ levels in individuals.
13. The audience was actively _____ during the interactive session.
14. Regular exercise can help _____ the risk of certain health conditions.
15. A morning walk can _____ your mood and energy levels.



16. Practicing mindfulness can bring about a sense of _____ and clarity.
17. Getting adequate sleep can help _____ stress.
18. Achieving personal goals can lead to a sense of _____ .
19. Regular physical activity is crucial for overall _____ .
20. _____ healthy habits into your daily routine can improve your quality of life.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The musicians delivered outstanding at the concert.
22. The speaker summarized the key of the conference in the closing remarks.
23. The participants waited for the results of the competition.
24. Due to weather conditions the outdoor event was for the following weekend.
25. Fresh fruits and vegetables provide essential for the body.
26. Regular exercise has numerous health for individuals.
27. Achieving success requires dedication and in your efforts.
28. The team felt a sense of after losing the championship game.
29. The guests were excited and the release of the new product.
30. The culinary event showcased a diverse range of international .

Answer

Multiple Choice: 1. Cuisines 2. Delighted 3. Forecasts 4. Positive 5. Essential 6. Satisfaction 7. Variety 8. Boosted 9. Illnesses 10. Anticipating

Gap-Fill: 11. Postponed 12. Reduce 13. Engaged 14. Reduce 15. Boost 16. Calm 17. Reduce 18. Satisfaction 19. Well-being 20. Incorporating

Matching sentence: 1. Performances 2. Highlights 3. Eagerly 4. Rescheduled 5. Nutrients 6. Benefit 7. Consistency 8. Disappointment 9. Anticipating 10. Cuisines



CATEGORY

1. Health - LEVEL3

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