



# Neuroscientist's 3 Tips for Healthy Mind: Protect Mental Health

## Description

Here are some easy tips to help you relax:

Emily McDonald, a neuroscientist and mindset coach from Arizona, shared on TikTok how she keeps her brain healthy. She avoids gossip, negative self-talk, and scrolling through social media endlessly.

Gossip and drama can make it hard for us to focus and think clearly. These behaviors activate the emotional part of our brain, which hinders logical thinking. Negative self-talk increases stress and anxiety, reducing our ability to achieve goals. It also affects how we treat others.

McDonald suggests practicing self-forgiveness to improve functionality and reduce anxiety. She also advises against spending too much time on social media, as it can overstimulate the brain and decrease productivity. Taking breaks from scrolling can help improve creativity and focus.

By following these tips, you can protect your brain and improve your overall well-being.

## Vocabulary List:

1. **Neuroscientist** /ˌnʊərəʊˈsaɪəntɪst/ (noun): A scientist who studies the nervous system and brain.
2. **Mindset** /ˈmaɪnd,seɪ/ (noun): The established set of attitudes held by someone.
3. **Overstimulate** /ˌoʊvərˈstɪmjəleɪt/ (verb): To stimulate excessively causing overwhelm.
4. **Forgiveness** /fərˈgɪv.nəs/ (noun): The action of forgiving; the process of letting go of resentment.
5. **Productivity** /ˌprɒdʌkˈtɪv.ɪ.ti/ (noun): The state or quality of producing something especially in large amounts.
6. **Anxiety** /æŋˈzaɪ.ə.ti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.

## Comprehension Questions

### Multiple Choice

1. What does Emily McDonald advise against to keep the brain healthy?

Option: Gossip and drama

Option: Eating junk food



Option: Exercising regularly

Option: Reading books

2. Which behavior activates the emotional part of our brain according to the text?

Option: Positive self-talk

Option: Logical thinking

Option: Negative self-talk

Option: Problem-solving

3. What effect does negative self-talk have on our ability to achieve goals?

Option: Increases motivation

Option: Improves focus

Option: Reduces stress and anxiety

Option: Reduces ability to achieve goals

4. What does Emily McDonald recommend practicing to reduce anxiety?

Option: Procrastination

Option: Self-forgiveness

Option: Avoidance

Option: Blaming others

5. Which activity can overstimulate the brain according to McDonald?

Option: Meditation

Option: Reading

Option: Spending too much time on social media

Option: Exercising

6. What does taking breaks from social media help with according to the text?

Option: Increase stress

Option: Decrease focus

Option: Improve creativity and focus

Option: Cause overstimulation

## Answer

**Multiple Choice:** 1. Gossip and drama 2. Negative self-talk 3. Reduces ability to achieve goals 4. Self-forgiveness 5. Spending too much time on social media 6. Improve creativity and focus

## Vocabulary quizzes



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

1. Which type of virus causes the flu?

- Option: Bacteria
- Option: Poultry
- Option: Virus
- Option: Fungus

2. What process involves heating food to kill bacteria?

- Option: Fermentation
- Option: Pasteurized
- Option: Freezing
- Option: Dehydration

3. How can individuals protect themselves from certain diseases?

- Option: Eating raw meat
- Option: Vaccinated
- Option: Avoiding sleep
- Option: Drinking unpasteurized milk

4. What term describes having thoughts of ending one's own life?

- Option: Excited
- Option: Happy
- Option: Content
- Option: Suicidal

5. Which hormone is released in response to stress?

- Option: Cortisol
- Option: Insulin
- Option: Melatonin
- Option: Thyroxine

6. Which approach considers the whole person – body mind and spirit?

- Option: Holistic
- Option: Specific
- Option: Isolated
- Option: Partial

7. Which skin condition is characterized by pimples?

- Option: Eczema
- Option: Wrinkles
- Option: Acne



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Option: Rosacea

8. What is the feeling of worry nervousness or unease?

Option: Calmness

Option: Enthusiasm

Option: Anxiety

Option: Serenity

9. Who are individuals with specialized knowledge in a particular field?

Option: Beginners

Option: Learners

Option: Experts

Option: Amateurs

10. What is the mental health disorder characterized by persistent sadness?

Option: Elation

Option: Optimism

Option: Depression

Option: Joy

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

11. Individuals can get sick if they come into contact with \_\_\_\_\_ poultry.

12. In case of an \_\_\_\_\_ please dial 911 for immediate assistance.

13. Severe cases of the flu may require \_\_\_\_\_ for proper treatment.

14. Consult with \_\_\_\_\_ in the field to get accurate information.

15. Practicing \_\_\_\_\_ can reduce feelings of anger and resentment.

16. The study of the brain and nervous system is the focus of a \_\_\_\_\_.

17. Effective time management can enhance \_\_\_\_\_ in the workplace.

18. Chronic \_\_\_\_\_ in the body is linked to various health conditions.

19. Doctors prescribe \_\_\_\_\_ to help manage type 2 diabetes.

20. Wearing a mask can help prevent the spread of the \_\_\_\_\_.



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

21. Taking necessary steps to avoid risks or dangers is crucial to staying safe.
22. Sometimes medications can cause unwanted reactions in the body.
23. Medications designed to help alleviate symptoms of depression.
24. Being present and aware of your thoughts and feelings is a key aspect of this practice.
25. Swelling or bloating in certain areas of the body can lead to this condition.
26. One's attitudes and beliefs can shape their overall viewpoint and approach to life.
27. Too much sensory input can overwhelm the brain and lead to this state.
28. Certain medications aim to reduce feelings of hunger and promote weight loss.
29. Ensuring that information is current and accurate is important in various fields.
30. Considering all aspects of a person's well-being not just physical symptoms.

**Answer**

**Multiple Choice:** 1. Virus 2. Pasteurized 3. Vaccinated 4. Suicidal 5. Cortisol 6. Holistic 7. Acne 8. Anxiety 9. Experts 10. Depression

**Gap-Fill:** 11. Infected 12. Emergency 13. Hospitalizations 14. Experts 15. Forgiveness 16. Neuroscientist 17. Productivity 18. Inflammation 19. Semaglutide 20. Virus

**Matching sentence:** 1. Precautions 2. Side effects 3. Antidepressants 4. Mindfulness 5. Puffiness 6. Mindset 7. Overstimulate 8. Appetite-suppressing 9. Updated 10. Holistic

**CATEGORY**

1. Health - LEVEL1

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