

We all know that being in nature is good for us. New research suggests that being in the natural world for just 10 minutes can help our mental health. The research also says spending time with others in natural environments can help relationships. Even being in city parks and gardening can make a difference. A study from the City University of Hong Kong found that nature increases how we see other people as "fully human". The researchers say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is an issue that is growing around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that one in five Americans has mental health problems. The research contains good advice on how nature can help with these issues. It says time spent among trees or in fields is linked with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive effects on mental health. Researchers found that employees who had a vase of roses on their desk became calmer and less stressed after just four minutes.

Are these things good or bad for our mental health? Why? How do these things affect you?

	Good/Bad	Why?	You
Nature			
Friends			
Social media			
Work			
Studying			
World politics			

Paragraph 1

1	suggest	a.	To make something bigger or more.
2	relationships	b.	To give an idea or recommend something to someone.
3	increase	c.	To work together with others to achieve a goal.
4	cooperate	d.	Enjoying being with other people and talking to them.
5	sociable	e.	The connections or bonds between people, like friendships or family.
6	reduce	f.	Feeling worried or nervous about something.
7	anxiety	g.	To make something smaller or less.

Paragraph 2

8	issue	h.	Feeling pain or discomfort, either physically or emotionally.
9	suffering	i.	Suggestions about what you should do in a situation.
10	depression	j.	A problem or concern that needs to be talked about or solved.
11	psychological	k.	A state of feeling very sad or down for a long time.
12	advice	l.	The ability to focus your attention on one thing.
13	concentration	m.	Related to the mind and feelings.
14	vase	n.	A container used to hold flowers.