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I think the most important thing in terms of living a long and healthy life is to avoid stress and keep yourself happy as much as you can.

It is a well-known fact that if you are stressed with anxiety, sadness or anger—in other words “not happy”—your health is likely to be affected badly. We can see many examples of that in this fast changing modern world where people young and old are under huge stress. Excessive stress often causes several kinds of illness from migraine to heart diseases. Stress also affects mental health and often leads to such symptoms as heavy drinking and eating disorders.

The problem with stress is that it becomes very difficult to fight against it once you get it because, when you are stressed, your physical and mental stamina is much lower than normal. Many stressed people just end up becoming even more unable to find a way out.

Probably we need to have a lot of strength, determination and also courage not to surrender to stress. That may not be easy but how could we live a long and healthy life if we allow stress to destroy our health? In the first place, what's the point of living a long life if you are stressed and not happy?