

Multiple choice task

1. What causes stress?

- A, Meditation
- B, Divorce
- C, Physical exercise
- D, War

2. Which are symptoms of stress?

- A, Insomnia
- B, Depression
- C, Unreal expectations
- D, Work

3. How can you reduce stress?

- A, Drinking alcohol
- B, Getting bored
- C, Physical exercise
- D, Going to the spa

4. Which are the most stressful jobs?

- A, Librarian
- B, Surgeon
- C, Firefighter
- D, Yoga-trainer

Solutions

- 1. B,D
- 2. A,B
- 3. C,D
- 4. B,C

Matching text

1. This includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.–
2. This is an establishment that offers some kind of relaxing, therapeutic, or beauty treatments.-
3. This is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress.-

Resolution:

4. mental health
5. spa
6. stress management

Find the SPAs



Sárvár
Bükfürdő
Hévíz
Zalakaros
Makó
Gyula
Egerszalók
Miskolctapolca
Széchenyi fürdő
Hajdúszoboszló

True or false

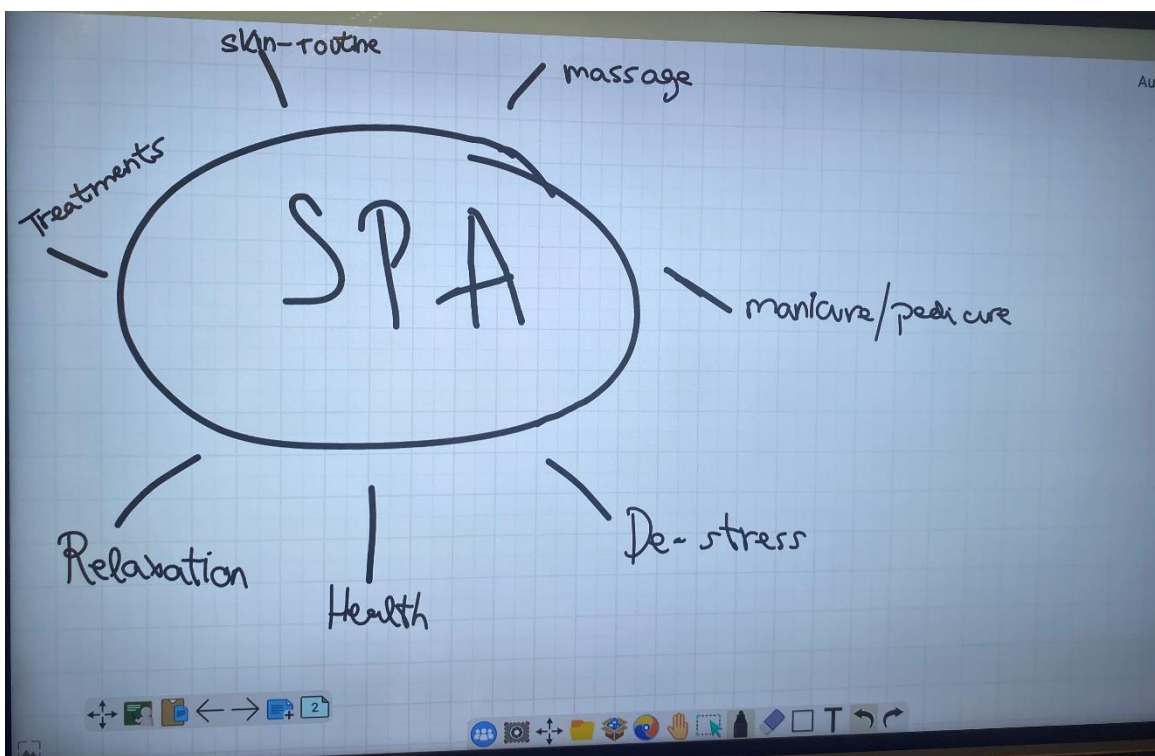
TASKS

		TRUE	FALSE
1.	The nickname of Budapest is "The city of spas".		
2.	Spa culture in Hungary is dating back to middle ages.		
3.	Hungary has the most medicinal spas in Europe.		
4.	The most popular spa in Hungary is Széchenyi spa.		
5.	Hajdúszoboszló Spa is the nearest to Kőszeg.		
6.	Hévíz is the world's largest natural thermal lake.		

SOLUTIONS

		TRUE	FALSE
1.	The nickname of Budapest is "The city of spas".	X	
2.	Spa culture in Hungary is dating back to middle ages.		X
3.	Hungary has the most medicinal spas in Europe.	X	
4.	The most popular spa in Hungary is Széchenyi spa.	X	
5.	Hajdúszoboszló Spa is the nearest to Kőszeg.		X
6.	Hévíz is the world's largest natural thermal lake.	X	

Mind Map



Word search

Mental disorders

S	I	A	I	O	N	A	R	A	P	O	P	E	D
P	S	S	R	N	O	I	T	C	I	D	D	A	E
N	Y	C	A	N	X	I	E	T	Y	T	C	T	M
O	M	H	P	R	E	D	R	O	S	I	D	I	E
I	P	I	P	S	A	S	A	D	H	D	R	N	N
S	T	Z	S	T	Y	D	I	M	S	P	A	G	T
S	O	O	N	O	T	C	H	O	S	I	R	P	I
E	M	P	S	S	O	Z	H	D	B	I	B	R	A
R	S	H	A	A	A	P	I	O	T	M	E	O	R
P	M	R	P	E	R	P	H	N	S	T	M	B	H
E	P	E	D	D	D	P	D	A	M	I	R	L	S
D	A	N	P	S	Y	E	O	D	O	P	S	E	B
R	O	I	S	A	T	S	T	R	E	S	S	M	T
T	P	A	D	Y	Y	P	H	E	S	H	B	S	P

SYMPTOMS
SCHIZOPHRENIA
PHOBIA
PARANOIA
EATINGPROBLEMS
PTSD
PSYCHOSIS
DEPRESSION
DEMENTIA
ANXIETY
STRESS
ADHD
ADDICTION
DISORDER

Play this puzzle online at : <https://thewordsearch.com/puzzle/3903155/>

Solution

R	S	C	H	I	Z	O	P	H	R	E	N	I	A
E	A	T	I	N	G	P	R	O	B	L	E	M	S
Y	P	A	R	A	N	O	I	A	Q	P	W	I	I
D	D	E	P	R	E	S	S	I	O	N	G	Z	R
D	S	G	B	F	S	Y	M	P	T	O	M	S	Q
N	E	G	A	T	I	V	I	T	Y	A	S	M	B
P	D	M	T	C	L	U	Y	D	A	D	H	D	P
T	I	X	E	S	I	H	Q	E	F	D	S	A	H
S	S	Z	J	N	T	T	D	H	M	I	J	N	O
D	O	D	Q	M	T	R	B	F	L	C	X	X	B
F	R	C	F	U	X	I	E	U	H	T	H	I	I
W	D	O	O	X	A	J	A	S	Y	I	U	E	A
L	E	X	R	Q	T	N	E	P	S	O	T	T	B
F	R	T	I	F	L	G	A	J	N	N	K	Y	N

- NEGATIVITY
- SYMPTOMS
- DISORDER
- SCHIZOPHRENIA
- STRESS
- DEPRESSION
- ANXIETY
- EATINGPROBLEMS
- ADHD
- PTSD
- PHOBIA
- DEMENTIA
- ADDICTION
- PARANOIA

