



Name:_____.Grade:_____. Group:_____. Date:_____.

Choose 2 important sentences from each subtitle and write them in the chart.

The Benefits of Mental Health Breaks – How to Use Travel as a Way to Recharge and Refresh	
Why Travelling Is an Effective Mental Health Break	
Benefits of Taking a Trip for Rest and Reflection	
Practical Tips for Planning a Stress-Free Vacation	
How to Use Travel as a Way to Reset Your Mindset	
Ways to Make the Most of Your Time Away – Focusing on Self-Care	
Exploring New Places and Cultures During Vacations	

Read the paragraph and complete it. Find the paragraph in the article and check it. Use the words given. There is an extra option that you will not use.

self-care	while	such as	on	focusing	can
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(1) _____ you are away **(2)** _____ your mental health break, you should focus on **(3)** _____. Many people think of self-care as going to the spa or **(4)** _____ on your skincare, but there is so much more which one can do.

Focusing on self-care could be doing something, **(5)** _____ sitting outside and reading your book for hours.