

D. To have a healthy start to your day, breakfast is a must

E. If you have more time in the morning, try doing some morning yoga

F. Your brain is more capable of handling difficult tasks first thing in the morning

G. If you feel like your morning routine has become unhealthy and you'd like to make some changes

(广东省吴川市第三中学 李华军)

(八)

How to Start a Conversation

Starting a conversation to get to know someone or breaking an awkward silence can be very stressful. To start a conversation when you have nothing to talk about, use these guidelines.

Remark on the location or occasion.

Look around and see if there is anything worth pointing out. Examples of location or occasion comments: "This is an amazing room!" or "Great dog!" etc.

1.

An open question requires an explanation for an answer rather than just a simple yes or no. Open questions tend to begin with who, when, what, why, where, and how, while closed questions tend to start with do, have, and is/am/are.

Ask them about their pets.

2. While talking about your own pet might be annoying to some people, asking them about their pets is a great way to get people to open up and start having fun.

3.

Chances are they'll know about it too and if they don't, then that's a good thing to talk about! Read or watch the news and when you're ready to start a conversation with someone, say something like, "Hey, did you hear about that helicopter crash That was pretty crazy."

Ask questions that are easy to answer.

Some questions are a little harder to answer than others. 4, like "what are you up to today?" This should make conversations flow better and feel more comfortable.

Be sensitive to their feelings.

Keep your questions non-invasive (非侵袭性的). Be sure you're not asking them questions about topics they'd rather not discuss. 5.

- A. Brush up on current events
- B. Ask an open-ended question
- C. Most people prefer easy questions.
- D. Ask questions that are easy to understand
- E. Most people would like to discuss them with you
- F. Animals are often common ground with people you have

nothing else in common with

G. For example, some people might be very uncomfortable discussing issues such as weight, lack of having a degree, etc.

(广东省清远市佛冈县佛冈中学 谢国英)

(九)

How to Cheer Up a Friend

It can be difficult to watch a friend deal with painful things.

1 While you can't always cheer your friend up, there are some things to make sure she knows that you're there for her and to help distract (使分心) her from her pain.

2

Listening is one of the most important things you can do for someone who is hurting. Active listening shows you care about your friend. Often, intently (专心地) listening is more valuable than any other gesture.

Spend time with your friend.

When people are sad, it's easy to want to crawl into a cave and want to be alone. 3 Too much isolation(孤立) can cause mental and physical breakdown. Being there physically for your friend and engaging in(参加) fun activities will help bring cheer to your friend.

Make life easier for her.

When a friend is experiencing something that hurts her deeply, it can be difficult to do even the most basic activities. Let her know that you're here to help by making life easier for her.

You can offer to help clean the house.

4

Send her gifts.

Who doesn't cheer up even a little when given a gift 5 For example, bake her favorite cookies and mail them to your friend with a note telling them how much you care for her.

- A. Listen to your friend.
- B. Take care of yourself.
- C. But humans function better when social needs are met.
- E. This can help your friend remember that people still care.
- D. You can offer to go shopping, or drive her to a doctor's appointment.
- F. This could be anything from a death of a family member or loved one, an illness, or a failing grade.
- G. This can be one of the worst things you can say to someone who is upset, especially if she's struggling with depression or anxiety.

(广东省清远市佛冈县佛冈中学 谢国英)

(十)

How to Prepare Yourself Before a Performance