

A. Complete the following sentences.

1. Our happiness and unhappiness depends on our reactions, so we should learn how not to negative situations, remarks by others or some events.
2. Most of the times, it is because of external factors , events, people around us even the environment.
3. Whenever you feel unhappy try to find out the reason that triggered that feeling.
4. Going through negative thoughts make us more miserable.
5. Sometimes despite our best efforts we may still become a victim of an event which will set our mood into a negative slide.

B. Answer the following questions.

1. Why should we share our problems with others?

Ans – We should share our problems with others because they can help us in finding a solution to our problem.

2. Suggest few ways to deal with an unpleasant situation.

Ans- 1. Think Positive
2. Beware of outside stimuli
3. Try to bounce back
4. Share your problems with others.

- 3 . What should we do when we are unhappy?

Ans- Whenever you feel unhappy try to find out the reason that triggered that feeling. Once you know the reason, make an effort to convince yourself that the reason is not that big that you should spoil your mood.

4. How do we lose out when we sulk or brood?

Ans-When we sulk or brood we recalling negative thoughts over an event or a person that has impacted us. Going through these negative thoughts make us more miserable.

5. What are some ways to bounce back to your normal self after a bout of bad mood?

Ans- Make efforts to change your environment, go for a walk, watch a movie or read a book so that you do not allow the negative feelings to remain in your head for long time.
