



# General Health

## Answer These Questions

1. What stresses you out? How do you relieve stress?

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2. What do you do to stay healthy?

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3. Do you think stress can be useful? Why or why not?

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4. How often do you exercise or do physical activity?

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5. Would you go to a therapist if it was free? Why or why not?

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## Write Your Own Questions

Q: \_\_\_\_\_

Q: \_\_\_\_\_

Q: \_\_\_\_\_



※ Don't forget to post your answers online!



# Questions & Notes

## Notes

Blank lined area for taking notes.

## Grammar

Use these PREPOSITIONS in sentences: *by means of*, *for the sake of* and *in case of*.

*In case of rain you should bring an umbrella.*

1.

2.

3.

4.

※ 日本語でも OK!