

1. Worry is a major cause of health problems, not only mental but also physical. It has been proved that worry is a major cause of asthma, heart ailments, rheumatism, blood pressure, ulcers, skin problems and many other psychosomatic (mind and body) diseases.

2. It is surprising that a state of mind that is normal and common should be a silent killer. Nobel Prize winner Dr Alexis Carrel once remarked that businessmen who do not know how to overcome worry die young. But so do a lot of other people. whether they are managers or clerks, office-goers or home-makers. Any person who cannot control this state of mind and lets it overwhelm them may shorten their lifespan.

3. There are many reasons why a person worries. The fast pace of modern lifestyle, the complexities of human relationships, the pressure to perform and succeed, all combine to feed our anxieties. Feelings of dissatisfaction, personal shortcomings, low self-esteem, etc., weigh us down. At times we may be able to overcome them, at times we may not, but once we give in to the tendency to worry, we only compound the problem, sometimes to the point of no return.

4. That the mind and body are closely related is a well-known fact today. Alternative medical practices such as homeopathy and Ayurveda had long ago recognized this vital link. As far back as 4th century BCE, Greek philosopher Plato had understood it as well. He had remarked that the biggest mistake doctors make is to heal the body without healing the mind. Mind and body act as extensions of each other, and so should not be treated separately.

5. This is the basis of modern psychosomatic treatment. While a few decades ago, we would often hear it being said that a healthy body leads to a healthy mind, today the reverse perhaps is more pertinent – a healthy mind leads to a healthy body. Worry, despair, frustration, anxiety, and fear are negative emotions which affect our physical health.

6. How then do we overcome these emotions and prevent them from taking a toll on our bodies? Meditation, which helps to focus and calm the mind; yoga, which addresses the mind as well as the body, are among the foremost cures offered today. Exercises like walking, Zumba and aerobics too have their undeniable benefits.

1.1 On the basis of your understanding of the above passage, answer the following questions.

A.Substitute overwhelm' with a word similar in meaning in the following sentence from the passage.

Any person who cannot control this state of mind and lets it overwhelm them...

B. Supply one point to justify the following.

“The mind and body are closely related.

C. It is surprising that a state of mind that is normal and common should be a silent killer.

The term ‘silent killer’ here refers to a

- i. disease which is fatal.
- ii. slow and painful death.
- lii disease which has no obvious symptoms.
- iv. disease which is incurable.

D. Select the correct option which is a reason for young people dying young.

- i. They cannot cope with the complexities of relationships.
- ii. They are overburdened with pressures to succeed in life.
- iii. They develop various health issues which can be fatal.
- iv. They have mental health issues which can overwhelm them.

E. At times we may be able to overcome them. What are the things which we need to overcome?

F. Complete the following sentence.

People for all walks of life allow....

G. Select the statement which is not true.

- i. Blood pressure is an example of a psychosomatic disease.
- ii. Worry compounds a problem instead of solving it.

iii. Anxiety is a state of mind which affects only young people.

iv. There are ways of preventing our emotions from taking a toll on us.

H. Why are alternative medical practices popular nowadays?

I. Read the statement given below and answer if it is True or False.

The basis of modern psychosomatic treatment is based on the concept that a healthy body leads to a healthy mind.

j. Complete the sentence appropriately.

Yoga is considered to be.....