

**1. Match the definitions with the underlined words in the text.**

- a) to improve something
- b) to give support, confidence, or hope to (someone)
- c) how useful or important something is
- d) to make someone less confident or make something weaker
- e) concern more with the needs and wishes of others than with one's own

- 1. value
- 2. selflessness
- 3. enhance
- 4. encourage
- 5. undermine

**2. Answer the following question according to the text.**

- a) How does generosity affect our lifespan?

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- b) What does generosity develop and improve?

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- c) How do we feel when we are generous?

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- d) The writer thinks that being generous is a mental health principle, and it could be the very key to a happy and healthy life. Do you agree? Why or why not?

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