

**1. Choose the correct heading for each paragraph.**

**a)** Have a good cry.

**c)** Write down your feelings.

**e)** Look at the bigger picture.

**b)** Distract your mind.

**d)** Read.

**f)** Laugh and smile.

**2. Read the article again and fill in the gaps with the verbs in the box.**

to get

to write

to encourage

to spend

to change

to cry

to think

to think

to laugh