2024

Passage:

The COVID-19 pandemic has brought about not only a physical health crisis but also a psychological one. Mental health has become a significant concern for people around the world. To address this issue, it is essential to understand and practice mental health prevention, also known as psychological prevention.

Psychological prevention refers to the measures taken to protect individuals from experiencing negative psychological effects during a pandemic or any other crisis. It involves maintaining good mental health, reducing stress, anxiety, and fear, and promoting resilience.

There are several ways to practice psychological prevention. Firstly, maintaining a healthy lifestyle is crucial. This includes eating a balanced diet, getting regular exercise, and ensuring enough sleep. Secondly, staying connected with family and friends is essential. Even though physical distancing may be necessary, we can still keep in touch through phone calls, video chats, and social media. Thirdly, setting a routine can help us stay structured and focused. This includes setting a schedule for work, study, and leisure activities. Fourthly, it is important to limit exposure to news and social media that may cause anxiety and fear. Lastly, practicing mindfulness and relaxation techniques, such as deep breathing and meditation, can help reduce stress and anxiety.

In conclusion, psychological prevention is an essential aspect of maintaining good mental health during a pandemic. By practicing these measures, we can protect ourselves and others from the negative psychological effects of COVID-19.

Questions:

1. What is the main idea of this passage?

A. The importance of physical health during a pandemic

B. The impact of COVID-19 on mental health

C. The concept and measures of psychological prevention

D. The role of social media in psychological prevention

2. Which of the following is NOT a way to practice psychological prevention?

A. Eating a balanced diet

B. Limiting exposure to news

C. Staying connected with family and friends

D. Watching TV for hours every day

3. Why is setting a routine important during a pandemic?

A. It helps us stay structured and focused.

B. It makes us feel lonely and isolated.

C. It causes stress and anxiety.

D. It prevents us from getting enough sleep.

4. According to the passage, what can help reduce stress and anxiety?

A. Eating junk food

B. Practicing mindfulness

C. Staying up late at night

D. Avoiding physical exercise

5. Which of the following statements is TRUE according to the passage?

A. Psychological prevention is only important for individuals with pre-existing mental health conditions.

B. Physical distancing is not necessary during a pandemic.

C. Social media can have a positive impact on mental health if used in moderation.

D. The pandemic has had no effect on people's mental health.

1. " To address this issue, it is essential to understand and practice mental health prevention, also known as psychological prevention."
          C

2.   A   B   C
          D   "   "   D

3. " Thirdly, setting a routine can help us stay structured and focused."
                                                       A

4. " Lastly, practicing mindfulness and relaxation techniques, such as deep breathing and meditation, can help reduce stress and anxiety."
     B

5.   A   "

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C