NEWS BREAK

Article: The multidirectional link between diet, mental health and heart health

Section: THE MIX, E12

Sunday's News Break selects an article from Sunday, November 5, 2023, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will learn about how mental and physical health intertwine. They will discuss what symptoms their bodies feel when they're stressed. They will talk about how food impacts their mental health, in both good and bad ways. Students will discuss the importance of good sleep and how they feel when they don't get enough. They will also talk about the impact of positive thinking and cultivating gratitude.
Pre-Reading Discussion:

• What do you think the article will be about, using this picture?

• Are there any clues? What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using context clues? A context clue is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“On any given day, you might notice how mental stress leads to tension in your back or shoulders, how worry ties your stomach “into knots,” or how happiness seems to make you feel buoyant.”

Buoyant Guess:

Buoyant Definition:

Comprehension Questions:

1. But mind-body interactions go even deeper, with research uncovering connections between ________ health and ________ health, and how what we ______ influences both.
2. What three things can help us build personal resilience against stress?
3. There’s been an increase over the last 10 years of people with mental health disorders — especially anxiety disorder and major depression — being admitted to the hospital after having what?
4. Michos said both negative and positive psychological factors influence ______________________ health.
5. Take stress for example. “Not all stress is bad. Stress is what helps us meet deadlines, but chronic stress can change some processes in the body.” She said chronic stress — as well as anxiety, anger and depression — can directly trigger what?
6. A 2019 study found that people who slept less than ______ hours or more than ______ hours per night were more likely to have a heart attack.
7. Chronic stress and poor mental health can also contribute to heart disease indirectly, by affecting what? Give some examples.
8. Positive psychological health — think happiness, emotional vitality, optimism, sense of purpose, gratitude, mindfulness — is linked to what?
9. What does optimistic mean and how does it impact our health?
10. Cultivating ____________ (perhaps with a gratitude journal), a sense of optimism and self-compassion are also key.
11. What is an AHA-recommended heart-healthy diet based on?

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- *What surprised (or stood out to) you in the article?*
- *At first, I thought ____________, but now I think ____________?*
- *What things did you already know from prior experience?*
- *Do you see where mental and physical health intertwine?*
- *What symptoms do you feel when you’re stressed?*
- *Does food impact your mental and physical health? How? Give an example or two.*
- *Why is sleep so important? How do you feel when you get enough? How do you feel when you don’t?*
- *Why do you think positive thinking and cultivating gratitude in your life is important to your overall well-being?*

News Break is posted to the Web on Tuesday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register online or call 206/652-6290 or toll-free 1-888/775-2655.
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