

Precis writing practice

Topic 1

The connection between sleep and mental health. There is a close relationship between sleep and mental health. Poor sleep can cause anxiety/worrying. Likewise it can also effects your work or studies which increases your mental stress. Sleep deprivation can lead to brain fog, which sometimes feels like confusion or trouble concentrating. As a short, sleep getting enough sleep daily is panacea to all mental health issues.

Topic 2

Diet plays an important role in preventing diseases. A healthy diet rich in fruits and vegetables can help to reduce the risk of heart disease. Nutrition diet controls your blood pressure and cholesterol. Plant and animal foods are rich in protein, vitamins which helps improving your immune system. Thus, people with healthy eating live longer and are at lower risks for serious ~~het~~ health problems.

Topic 3

We cannot live alone. Individuals cannot live alone as life needs another life to survive. Loneliness can negatively impact your mental and physical health and cognitive abilities. Social isolation can increase the likelihood of mortality.

You might need some personal space but sometimes you need someone to express your feelings. In short we can say that, humans are social creatures hence they need connections with others.