My Observation

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[Include any grant/funding information and a complete correspondence address.]

My Observation

**1st Response**

We take medicines when we get sick and we also use sleeping pills. Such medicines leave side effects on our brain and body mechanism. Some medicines impact the cognitive functions and they cause many changes in the mental states of an individual. One should take care of their diet first because body needs nutritious supplements rather than going for medication. Nutrition, when not taken properly, can change the cognitive system. In addition to the diet, daily based exercise and healthier habits must be adopted.

**2nd Response**

For a healthy body and healthy mind, some physical activity is must according to Monique. There are some healthy ways to make your body healthier. Like one can go for the exercise or cooking. In the early ages of life, one should be careful about health by developing some habits of going for exercises and more physical activities. Adopting better habits would mean that you are lowering the health risks which might be fatal.

**3rd Response**

 Few people do not prefer to go out of their boundaries because every age group has a mindset. Individuals you would meet will have different thoughts and they may have different emotional attachments and emotional issues. You will meet people with a lot of differences, the main responsibility is to respect others on the basis of humanity. Understanding your responsibilities and the second party’s belief is what matters. And one should respect the gaps which exist among people coming from different backgrounds.

**4th Response**

Living in a relaxing and comfortable environment at you very first exposure is difficult. You manage to relax and make the second party comfortable when you give positive remarks and encouraging space. It is sometimes to discuss sensitive topics that is why one should avoid unhealthy topics while meeting people with a greater age gap. One should discuss such topics in which the second one is comfortable with and it will help you in increasing knowledge.