PDF 1 - Lifestyle Choices & Finding Balance.



HEALTH, LIFESTYLE & MENTAL WELL-BEING

© talkmor.com

Focus: Healthy habits, sleep, exercise, screen time, stress management and work-life balance.

A. Warm-Up – Are We Living Well?

Discuss with a partner.

1. Do people today have healthier lifestyles than previous generations?
2. Is being busy often confused with being productive?
3. How difficult is it to maintain a healthy routine when life becomes stressful?
4. Do people spend too much time trying to improve themselves?
5. What does a balanced lifestyle actually look like?

B. The Lifestyle Balance Challenge

Below are six factors that can influence a person's quality of life.

- [___] Sleep and rest
- [___] Physical exercise
- [___] Healthy eating
- [___] Social relationships
- [___] Screen time and technology
- [___] Work and personal responsibilities

Task 1: Rank these factors from 1 (most important) to 6 (least important) for maintaining a healthy lifestyle.

Task 2: Compare your rankings with a partner. You must agree on a joint ranking.

Task 3: Explain which factor people tend to neglect most and why.

Challenge: Is it possible to have a healthy lifestyle without making significant sacrifices?

C. The Advice Challenge – Practical or Unrealistic?

Consider these suggestions.

1. Everyone should wake up at 5 a.m.
2. People should avoid using their phones for at least one hour before bed.
3. Working fewer hours is more important than earning more money.
4. Exercise should be treated as an essential part of the working day.
5. People should take regular breaks from social media.
6. A healthy lifestyle should be flexible rather than strictly controlled.

Choose three suggestions you agree with and one you disagree with.

Explain your reasoning and give examples.

Permission granted to reproduce for classroom use. © talkmor.com 2026

D. Lifestyle Scenarios – What Would You Recommend?

Read the situations and discuss possible solutions.

Person A – Always Exhausted

Michael works long hours and regularly sleeps only five or six hours. He drinks several cups of coffee a day and often feels tired, even at weekends.

- What changes would you recommend?
- Which habits should he address first?
- Why might simply telling him to sleep more not solve the problem?

Person B – The Digital Lifestyle

Sophie spends most of her working day in front of a computer. In the evening, she relaxes by watching videos and scrolling through social media. She rarely goes outside.

- What are the possible consequences?
- How could she introduce more physical activity?
- Is screen time always harmful?

Person C – The Fitness Obsession

Daniel exercises almost every day, follows a strict diet and constantly tracks his progress. He becomes frustrated when he misses a workout or eats something unhealthy.

- When does healthy behaviour become unhealthy?
- Is there such a thing as too much self-discipline?
- What advice would you give him?

Person D – The Socially Disconnected Worker

Maria works remotely and enjoys the flexibility. However, she rarely meets colleagues or friends during the week. She has started feeling disconnected from other people.

- What might be contributing to her situation?
- How could she improve her social connections?
- Should employers take responsibility for remote workers' social well-being?

E. The Lifestyle Makeover

Work in pairs.

Your local community has asked you to develop a campaign encouraging adults to improve their everyday lifestyles.

You have a limited budget and must choose only FOUR initiatives:

- Free outdoor exercise classes.
- Community walking groups.
- Workshops on healthy eating.
- Screen-free social events.
- Flexible working arrangements.
- Stress-management workshops.
- Public information about the importance of sleep.
- Affordable recreational activities for families.

Your task:

1. Select your four initiatives.
2. Explain why each deserves funding.
3. Identify who would benefit most.
4. Decide how you would encourage people to participate.

Present your campaign to the class.

Permission granted to reproduce for classroom use. © talkmor.com 2026

F. Final Discussion – Balance or Perfection?

1. Why do people often struggle to maintain healthy habits?
2. Is a balanced lifestyle more important than achieving personal goals?
3. Should employers encourage employees to exercise and take breaks?
4. Has modern technology improved or damaged our quality of life?
5. Is it better to make small lifestyle changes or completely transform your routine?

Personal challenge: Describe one lifestyle habit you believe society should reconsider. Explain why.

Permission granted to reproduce for classroom use. © talkmor.com 2026