

## *CI Which Activities Can Contribute to People's Sense of Positivity?*

Positivity is one of the most important factors that affects both our mental and physical health. There are many activities that can contribute to people's sense of positivity, but most people think that that listening to favourite music and helping others can improve your health in the best possible way.

Firstly, listening to music is generally something therapeutic. Whenever people feel down and troubled, they listen to music, especially songs, whose lyrics, or even melody they can relate to. Surely, it really helps people not to feel lonely. For example, many teenagers listen to Billie Eilish, an American artist, when they feel depressed because most of her songs literally describe intense feelings all teenagers experience at that stage of their life. However, sometimes listening to this kind of music can have an opposite effect on people's state of mind and make them feel even worse. So, only listening to music with upbeat vibes can make sense.

On the other hand, helping people is useful both for the person who is helping and the one who is getting that help. If you help other people, you will make them unbelievably happy, and you will find yourself in a tornado of positivity. Helping others is definitely a special activity which brings people large amounts of joy, satisfaction and self-confidence. For instance, even if you just help an old woman carry heavy bags, the resulting "thank you" will make your day. Happiness is in little things, and without them there cannot be any big things.

To conclude, listening to music can beneficially influence people's health only if they listen to positive music. However, I believe that it is only helping other people that can make you the happiest person on Earth.

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