

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

“TO LIVE IN A SAFER WORLD”

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The eighth scientific practical student`s, postgraduate`s and teacher`s
LSNC conference

SEASONAL CLEANSING

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Spring is coming.Perhaps it is time to get your life into alignment with the changing seasons by doing a little spring cleaning of your own, both physically and emotionally. Here are some helpful ideas to start on your journey to a simpler and more natural lifestyle:

1) Start your mornings off right with living foods. Since spring is symbolic of renewal and growth, one way to implement this theme into your diet is to start every day off right with living foods. Freshly-squeezed juices, living seeds, organic fruits and vegetables, and other raw foods are far more substantial and life-giving than many of the "dead" foods people commonly eat for breakfast. Besides their many nutritional benefits, living foods help to detoxify the body and improve the pathways through which energy and life are imparted.

2) Detoxify your thoughts. Physical detoxification is important, but so is also mental detoxification. One way you can help this process along is by journaling your life. Write out all the thoughts in your head when you run into a specific problem and go back and edit it later in a day or a week. By revising your own thought processes in this way, you can gradually cut out the things in your life that are holding you back or tearing you down.

3) Cleanse your living environment. They say cleanliness is next to godliness, but one thing is for sure – messy living spaces lead to messy, unhealthy lifestyles. Take the time to clean out your desk and wardrobe, for instance, and get rid of the things you no longer need or use. This processnot only will help bring you peace of mind, but it will also give you a fresh opportunity to simplify your life and reorganize your own life's trajectory for the better.

4) Work toward building friendships and community. Humans were made for connection, and two of the most important connections we can make in this life are friendship and community.

Take some time to interact with people in your life who matter to you, or even those whom you are merely interested in getting to know better. Give your friends and family members a call, or write them personal letters and mail them the old-fashioned way. Doing so will not only enrich your own state of being, but also help spread the love to someone who might really be needing it.

5) Clean out your pantry. If revitalizing your dietary choices has been on the agenda for some time now, why not take an entire day (or weekend) to clean out your pantry and reorganize your life with living, whole foods. Throw out all the processed, preservative-laden processed foods and replace them with fresh foods, especially those that are grown locally.

6) Learn from the past and move forward. It is easy for people to become overwhelmed by the circumstances of their pasts, especially when these circumstances have caused lasting pain, guilt, and confusion. But reorienting your mind to view the past as a learning experience for the future can help you to go of all the bad and be prepared to embrace the good. By clearing out the thoughts that damage your outlook on life today, you can help fertilize the soil of your mind to accept new states of being built upon ideas of strength, courage, confidence, and love.

7) Spend more time outdoors. Spending more time outside is beneficial for both body and mind. Besides exposing your skin to vitamin D-producing sun rays, immersing yourself in the outdoors by hiking, biking, or simply taking a long walk on a regular basis will help get your blood flowing, energize your body, and renew your spirits. Studies have actually shown that spending more time outdoors can help improve concentration, promote more rapid healing of injuries, and even make you happier overall. Be sure to spend time outside both with others and by yourself, as both states of interacting with nature are uniquely beneficial for your well-being.