



**Mi Universidad**

**INGLES III**

*Nombre del alumno: Alondra Liseth Gutierrez  
Lopez*

*Nombre del maestro: Maria Fernanda  
Monserrath Campos Roman*

*Nombre del tema: Express y react*

*Nombre de la licenciatura: Enfermería General*

*Cuatrimestre: 3*

## **Express & React**

Sometimes I feel tired and unmotivated during the week, especially when I have a lot of homework or things to do. It's hard to stay focused or in a good mood.

I should take short breaks to clear my mind. I also must make time to do something I enjoy, like listening to music or going for a walk.

If I get more organized and take a break, I will feel more energetic and be able to finish my tasks with less stress.

## **My opinion(:**

In my opinion, social media has its good and bad sides. I think it helps you relax, pass the time, or talk to your friends. But I also believe that sometimes we spend too much time on it and forget what we really need to do. That's why I think it's okay to use it, but with moderation.