

# Japanese Mindset for Anxiety Relief

Mental Health · Answer Key · 6 Questions

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## 1. What is the Japanese saying mentioned in the text?

**A) Ashita wa ashita no kaze ga fuku**

B) Sayonara, mirai no kaze

C) Kokoro no heiwashu

D) Ashita no yume wa kanau

## 2. What does the saying 'Tomorrow's wind will blow tomorrow' imply?

A) You must plan every detail for tomorrow

**B) You do not need to solve your entire life today**

C) You should ignore all future problems

D) You must work harder every day

## 3. According to the text, what happens when you try to fix everything at once?

A) You feel more energized

B) You solve all your problems

**C) You feel more tired**

D) You gain clarity

## 4. What is the recommended approach for dealing with overwhelming days?

**A) Take one step today**

B) Fix everything immediately

C) Worry about all 'what ifs'

D) Ignore all decisions

## 5. What does the text suggest about the weight of tomorrow?

A) You must carry it now

**B) You don't have to carry it right now**

C) It is the most important thing to focus on

D) It is heavier than today's weight

## 6. Why does the text suggest that not everything belongs to today?

A) Because you are too lazy

**B) Because some answers need time**

C) Because you should only work at night

D) Because today is already full