

# Japanese Mindset for Anxiety Relief

Mental Health · Practice Test · 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 heiwasha
- 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