

Unit : 4

Taking care of ourselves

العناية بأنفسنا

Lessons 1,2

Vocabulary

| | |
|-----------|------------------|
| exhausted | مُجْهَد؛ مُرْهَق |
| extra | إِضَافِي |
| whilst | بينما |

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|----------|--------------------------|
| stressed | مُجْهَد، مُتَوَتِّر |
| project | مَشْرُوع / بَحْث عِلْمِي |
| media | إِعْلَام، وَسَائِط |

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|--------------|---------------------|
| priority | أَوَّلِيَّة |
| counselor | مُرْشِد، مُسْتَشَار |
| psychologist | أَخْصَائِي نَفْسِي |

Prepositions, Idioms & Expressions

| | |
|---------------------------|-------------------------------------|
| keep up | يُواصل / يَستمر |
| look after | يَعْتَنِي بِـ |
| get the best grades | يَحْصِلُ عَلَى أَفْضَل الدَّرَجَات |
| current affairs | الأَحْدَاث الجارية |
| worrying constantly about | القلق بِاسْتِمْرَار حول |
| contribute to | يُساهم في |
| limit the amount of time | تَحْدِيد مِقْدَار / كَمِّيَّة الوقت |

| | |
|--------------------------|------------------------------|
| Thanks for asking | شُكْرًا لِسُؤَالِكَ |
| Why don't you ..? | لِمَاذَا لَا تَفْعَل |
| at the bottom of | فِي الْجِزءِ السُّفْلِي مِنْ |
| cause anxiety and stress | يُسَبِّب القلق والتوتر |
| on the downside | عَلَى الْجَانِبِ السُّلْبِي |
| reduce stress | يَقْلِل التوتر |
| take a break | خُذ استراحة |

Listening Lesson 1 SB page 45

① **Nour** : At the moment, I just **feel exhausted** all the time. I play computer games with my friends after school every evening. Then I don't **start doing** my homework until about 9 o'clock in the evening. By the time I finish my homework, it's 11 o'clock or even midnight. So, I don't get to bed until it's really late and then **I'm exhausted** the next day at school and can't **keep up** in my lessons.



② **Ibrahim** : I **spend** a lot of time **looking after** my grandfather, who's seventy-four years old and is ill at the moment. I go to school and then as soon as I get home, I spend the next few hours **making him something to eat**, reading to him and helping him to wash, things like that. I have to **get up** early in the morning to **do my homework** before school and I never seem to have any time to do anything for myself.



③ **Heba** : It's always my goal to **get the best grades** that I possibly can at school. It seems that the only way to do that is to spend all of my time on my schoolwork. So, I work **as hard as** I can when I'm at school and then in the breaks we have at school, I do some **extra** reading or look at my notes again. And Then, when I get home, I do my homework all afternoon and evening. I just **keep going** even if I'm feeling exhausted.



Listening Lesson 2 WB page 27

Leila : Hi Nadia . I haven't seen you **for a long time**. How are you?

Nadia : Hi Leila . **Thanks for** asking. I'm a bit stressed

Leila : Oh no ! **Why don't you** sit down and tell me about it?

Nadia : Well, I have three exams this week and don't know when I can revise because I have a big **project** for science , too. I also promised my parents I would help them in the shop in the evenings .

Leila : That sounds like a lot . Have you **considered telling** your parents you are stressed?

Nadia : I don't want to worry them .

Leila : You could write down everything you have to do this week in order of **priority** and say "no" to the things **at the bottom of** your list. Also, how about doing your revision while you are in the shop . It's usually quiet **in the evenings**, isn't it ?

Nadia : Have you **thought about becoming** a student counselor ? You're very **good at** giving advice

Leila : Oh, thank you.

Video Script

Whilst it's important to keep **informed about current affairs** reading the news when its mostly bad can **cause anxiety and stress** . Bad news seems to **get more attention** , so this what the **media** give us .

One **16-year-old** said he had started **worrying constantly about** things he was reading in the news and it had affected his sleep . he told researchers that he had started **avoiding** the news completely . He said he generally felt better , but **on the downside** , he wasn't able to **contribute to conversations** with conversations with friends , and felt left out when they were talking about current affairs .This solution may seem a little bit extreme , but there are ways we can **reduce stress** and anxiety caused by negative news. We spoke with **psychologist** Alison Carey about the issue. She advised young people to **take a break** sometimes, or to **limit the amount of time** they spend reading news to once every two days, or once a week. She also suggested that we **interact more with** positive news **sources** such as the good news network or positive news.com.

Most importantly, she said that getting out into nature, listening to music, spending less time on your **screen** and more time in **face-to-face** conversations

Would all help **reduce stress and anxiety caused** by bad news .

Choose the correct answer from a, b, c or d

- 1 Mariam _____ going to the dentist.
a) thinks b) considers c) plans d) decides
- 2 Have you _____ about what job you are going to do?
a) promised b) thought c) considered d) suggested
- 3 Talk to your _____ about the best way to handle this, and follow his or her advice.
a) mirror b) monitor c) counsellor d) visitor
- 4 Maria is very interested in politics and current _____.
a) affections b) affords c) affairs d) affects
- 5 The synonym of 'constantly' is _____.
a) rarely b) always c) seldom d) occasionally
- 6 The government must make new policies to _____ unemployment.
a) rise b) increase c) reduce d) Keep
- 7 The only _____ of working here is that it is so far from my home.
a) downside b) benefit c) pro d) gain
- 8 _____ don't you put your chair forward to get a better view?
a) When b) What c) How d) Why

Lessons 3,4

Vocabulary

| | |
|------------|--------------------|
| struggle | يُكَافِح، يُنَاضِل |
| burnout | إنهاك |
| self-care | عِناية ذاتية |
| optimistic | متفائل |
| contagious | مُعدي |

| | |
|-------------|------------------|
| cope | يُواجه |
| volunteer | يتطوع |
| promote | يرقي، يشجع، يعزز |
| pessimistic | متشائم |
| perception | إدراك / معرفة |

| | |
|---------------|--------------------|
| perfectionist | شخص مثالي |
| disappoint | يحبط |
| publish | ينشر |
| gratitude | إمتنان، تقدير، شكر |
| impact | تأثير |

Prepositions, Idioms & Expressions

| | |
|-------------|------------------------|
| suffer from | يعاني من |
| work out | يجد حل / يغرف / يستنتج |
| pressure on | الضغط على |
| focus on | يركز على |

| | |
|--------------|--------------|
| just for fun | فقط للمتعة |
| fall asleep | غلبة النعاس |
| grateful for | ممتن لـ |
| keep a diary | يحتفظ بمفكرة |

Listening Lesson 3 SB page 46

Listen to two voice memos from students Nevine and Hany who have done something to improve their mental health.

① **Nevine:** This is Nevine and six months ago I was really **struggling with** my **mental health**. I was **suffering from** burnout, and I wasn't spending any time on **self-care** at all. **Fortunately**, I'm feeling a lot better now. The first step was to **work out** what was causing the burnout. **In my case**, I was doing too many things and I couldn't **cope**. For example, I was trying to do all of my homework perfectly while also playing in four sports teams and **volunteering** at an old people's home on Saturdays. I **realised** that if you're not spending enough time doing things to **promote** your own **wellbeing**, you'll feel exhausted and sad. I decided to stop being such a **perfectionist** with my homework, only play in one sports team and only volunteer at the old people's home two weekends a month. I always get enough sleep now at the weekend when I don't have to do anything, I just relax at home and enjoy spending time with my friends and family. I always get enough sleep. **Recently**, I've learnt how to draw animals, but that's **just for fun**. I don't put any **pressure on** myself to do it perfectly!



Hany My name's Hany. I didn't think that I would ever **have any mental health problems**. I used to be so happy and relaxed all the time. Then last year, I started to feel **under a lot of pressure** at school because we had some important exams. I was so **worried about** not doing very well in the exams. I didn't want to **disappoint** my parents who thought I was a really good student. I suffered from a lot of stress, and it was so bad that I couldn't sleep. Of course, that meant that I was exhausted at school the next day and found it hard to concentrate in my lessons. One day I **fell asleep** in the library at school and a teacher had to come and wake me up.



We talked about how I was feeling, and the teacher helped me to make a study plan I could follow and still get enough sleep! I now spend less time studying, but I learn more than I used to because I manage my time better and **take regular breaks**. I always get at least eight hours sleep **as well** أيضا.

📖 Listening Lesson 4 WB page 28

Presenter: Hello and welcome to this week's edition of **'Positive Thinking'**. In the studio with us today we have **psychologist** and popular **author** George Mitchell. Hello George and **welcome to the show**.



George: **Thank you for having me**. I'm very happy to be here today.

Presenter: Let's talk about your new book called **'Positive thinking is easy'** which was **published** just last month and has already sold 30,000 **copies**. Congratulations!

George: Thank you.

Presenter: So, tell me. **How can I be more positive?**

George: Well, there are many things we can do **automatically** so they become habits. The first one is something I have done twice already while talking to you.

Presenter: Really? What's that?

George: Saying 'thank you'.

Presenter: Ahh, yes. So, you mean we should say 'thank you' more?

George: Well, what I mean is we should be more **grateful for** everything we have. We need to **focus more on** all the good things and less on the negative. **For example**, in one study of psychologists in American Universities two groups of student were asked to **keep a diary** and each week group one wrote a few sentences about the things they were **grateful for** that week and group two wrote about the things that caused them stress. After just 10 weeks the first group were more **optimistic**, did more exercise and visited the doctor less!

Presenter: Wow! That reminds me of a saying my grandmother used to tell me about how some people see the glass half empty, and others half full.

George: Your grandmother was right. We should be **happy for** the good things in our lives and extending this **gratitude to** other people will also make us feel better.

Presenter: That's an interesting point. Could you tell us more?

George: Of course. We naturally feel more positive when we are kind to others. A study in 2017 showed that being kind to others or observing others being kind improved the well-being of the participants.

Presenter: Let me check I have understood. So, not only being kind to other people but also watching others being kind to other people can make you **feel more positive**?

George: That's right. The **impact** is huge. Just imagine, if you are kind to someone and a third person observes you, that's three people who immediately **feel more positive** and they might do something good for another person which will **impact on** others and so these positive feelings become **contagious**.

Presenter: Well, George Mitchell, this **conversation** has been very interesting and I'm sorry to have to end it there. We have heard how our own **perception** of things and being grateful can make us feel more positive. I guess there is just one important thing to say and that is... 'thank you!'

George: Thank you for having me on the show. I've really enjoyed George.

Presenter: Well, listeners. That's all we have time for today. Remember talking to you today. being positive all begins with how you see things. Thank you for listening and stay happy and healthy.



Choose the correct answer from a, b, c or d

- 1 The antonym of 'optimistic' is _____.
a) enthusiastic b) hopeful c) positive d) pessimistic
- 2 There is a general public _____ that standards in schools are falling.
a) decision b) intention c) perception d) section
- 3 I wish to express my _____ to Salah for his help.
a) blame b) rudeness c) criticism d) gratitude
- 4 I'm sorry to _____ you, but there aren't any tickets left.
a) encourage b) disappoint c) assist d) satisfy
- 5 We launch a big advertising campaign to _____ our new toothpaste.
a) promote b) decrease c) discourage d) deprive
- 6 The synonym of 'contagious' is _____.
a) safe b) germless c) infectious d) harmless
- 7 Depression lowers the human ability to _____ with disease.
a) feel b) suffer c) cope d) adapt
- 8 Many students have _____ after taking exams.
a) burnout b) memos c) factors d) alerts
- 9 Keep up the _____ till you succeed.
a) laziness b) giving up c) struggle d) idleness
- 10 The increase in the number of young people leaving to work in the cities has had a dramatic _____ on the demography of the villages.
a) attack b) attract c) contact d) impact
- 11 The synonym of 'positive' is _____.
a) damaging b) affirmative c) negative d) undesirable
- 12 Thank you _____ your advice; it's been very helpful.
a) for b) in c) on d) about
- 13 How long have you been suffering _____ a headache?
a) of b) from c) at d) in
- 14 The baby _____ asleep in her mother's arms.
a) filled b) failed c) fell d) felt
- 15 Doctors are _____ about the possible spread of the disease.
a) grateful b) worried c) delighted d) positive
- 16 _____, we were blessed with fine weather.
a) Fortunately b) Miserably c) Hopelessly d) Unluckily
- 17 A _____ is someone who studies the human mind and human emotions and behavior.
a) dentist b) psychologist c) biologist d) chemist
- 18 She's such a _____ that she notices even the tiniest mistakes.
a) urbanist b) receptionist c) perfectionist d) individualist
- 19 Be nice to him - he's been under a lot of _____ recently.
a) leisure b) pressure c) pleasure d) measure
- 20 Investigators have not yet determined the _____ of the fire.
a) cause b) reason c) solution d) result