

# Taking care of our mental health!



PRE – LISTENING : 5 TIPS TO PROTECT YOUR MENTAL HEALTH

A. Take a deep breath



B. Take care of yourself



MAKE  
SURE  
YOUR  
FRIENDS  
ARE  
OKAY



C. Check in with friends



D. Enjoy your hobbies



I  ME

E. Put down the smartphones



Miss Aguayo

## WHILE – LISTENING

- a. Listen to the audio in google classroom and complete the text.  
Use the words from the box below.



# Managing Anxiety During Coronavirus

## 5 tips to your mental

### 1. Put down the smartphones

Take \_\_\_\_\_ from \_\_\_\_\_ and the \_\_\_\_\_  
Give your \_\_\_\_\_ a chance to \_\_\_\_\_. Set  
\_\_\_\_\_ on how long you \_\_\_\_\_ the news. You  
can stay \_\_\_\_\_ without getting \_\_\_\_\_



### 2. Take care of yourself

Eat \_\_\_\_\_ meals, get some \_\_\_\_\_ and  
get plenty of \_\_\_\_\_



TAKE CARE

### 3. Enjoy your hobbies

Take \_\_\_\_\_ to engage in  
\_\_\_\_\_ activities like \_\_\_\_\_ a book, or  
\_\_\_\_\_ something \_\_\_\_\_



video

### 4. Check in with friends and family

Social distancing doesn't mean \_\_\_\_\_ Connect with the  
\_\_\_\_\_ you \_\_\_\_\_ about

chat?

### 5. Take a deep breath

Take a \_\_\_\_\_ and give \_\_\_\_\_  
space to \_\_\_\_\_ your feelings. Consider doing some  
\_\_\_\_\_ or yoga or engaging in a short  
\_\_\_\_\_ exercise.

BREATH



UC San Diego Health

Stretches- yourself-social isolation-people-doing-time-sleep – (well-balanced) -  
breaks- disconnect-mindfulness-process-care-relaxing – creative- exercise-check -  
informed-step back – reading- limits- social media- news – mind- overwhelmed



MISS Aguayo

## POST-LISTENING

- a. Make a poster. ( Lo puedes hacer en cualquier programa y subirlo al classroom, SI TRABAJAS SIN CONEXIÓN en un papel o tu cuaderno). The POSTER is about ONE TIP TO PROTECT YOUR MENTAL HEALTH.



POSTERS have 3 parts

- The title
- The figure
- The key points

Be careful with spelling! A poster cannot have misspellings. 😊

Capital letters are very important. Use them to start a sentence and for titles.

Use only one picture for the poster