

UNIT 1, INTERMEDIATE ONE.

1 Match the speech bubbles with the pictures.

Speech bubbles:

- 1 I have a headache.
- 2 I cut my finger.
- 3 I'm stressed.
- 4 I have the flu.
- 5 I have a cough.

6 A Complete the conversation with *should* and *shouldn't* to give health advice.

Paul I'm really stressed. I can't sleep. What ¹ _____ I do?
Doctor Well, I don't think you ² _____ work so many hours, and you ³ _____ go to bed so late. You ⁴ _____ try to get more exercise. That will help you to sleep better.
Paul ⁵ _____ I drink less coffee?
Doctor Yes, you ⁶ _____ ! And you ⁷ _____ drink more water, too.
Paul OK, thank you.
Doctor If that doesn't help, you ⁸ _____ come to see me again.



B 1.4 Listen and check. Repeat the conversation in pairs.

7 A Discuss these situations in pairs. What advice would you give?



I forgot my friend's birthday and now she's really angry with me. What do you think I should do?

Sara

My roommate is really messy. The kitchen is always dirty after he cooks, and he takes my food from the refrigerator without asking. I don't know what to do!

Enrique



My boss wants me to go to a work conference in New York. The only problem is that it's the same date as my wedding anniversary. What should I tell my wife?

Julio

1. _____

2. _____
3. _____

1 Look at the pictures. In pairs, order them from 1 (most stressful) to 5 (least stressful).



1. _____ 2. _____ 3. _____ 4. _____
5. _____

2 Read the text. Complete the tips with *do*, *make*, *have*, or *take*.

The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!



- 1 First, _____ a **deep breath** and give yourself time to think.
- 2 Then _____ a **list** of everything you have to do.
- 3 Next, _____ a **decision** about what you can realistically do today.
- 4 Remember to _____ a **break** every two or three hours.
- 5 You should _____ **something** that makes you feel happy.
- 6 Try to _____ a **talk** with friends and family about the situation.
- 7 And finally, _____ **your best** to eat well, exercise, and get at least eight hours' sleep.

4 A  1.6 Read the Skill box. Watch or listen to the first part of *Learning Curve*. Choose the correct options to answer the questions.

- 1 How does Simon deal with stress?
a He makes a list of jobs. b He walks around. c He talks to his brother.
- 2 How many people in the U.S. suffer from stress every day?
a 77% of citizens b 400,000 people c only a small number of people
- 3 What do some scientists say about a small amount of stress?
a It can make us sick. b It makes us feel bored. c It can help us work better.

B  1.6 Compare your answers in pairs. Watch or listen again and check.



1 A How do you think the woman is feeling? Match the adjectives in the box with the pictures.

calm delighted upset cheerful nervous



B In pairs, think of situations that make people feel these emotions.

An exam can make you feel nervous.

A. _____

B. _____

C. _____

D. _____

E. _____

2 A Do you think money makes people happy? Why/Why not?

B Read the text. Check (✓) the sentence that best summarizes the main idea.

- 1 People with a lot of money often feel miserable. ☐
- 2 If people have less money, they often feel envious of others. ☐
- 3 Spending money on other people can make you feel good. ☐



CAN MONEY BUY YOU HAPPINESS?

The Beatles may have been right when they sang "money can't buy me love" but, according to a new study, it can buy you happiness—if you spend it in the right way. Many people think that they'll be happier if they earn more money. But Dr. Michael Norton from Harvard Business School believes that it's not about how much money you make, but about how you spend it.

Dr. Norton tried an experiment with people in different countries. At the start of the experiment, he asked people how happy they were. Then he gave them an envelope with some money and instructions on how

to spend it. Some people had to spend the money on themselves, and others were told to spend it on someone else. At the end of the experiment, they measured how happy the people felt again.

The results show that if you spend money on other people, you'll feel happier. And if you only spend money on yourself, you won't feel any different. So the next time you want to buy a new TV or some new clothes, ask yourself, "If I buy this, will it make me happier?" According to Dr. Norton, we should think less about ourselves and more about others because, if we do that, we'll feel much better!

3 A Complete the sentence. Check your answers in the text.

If you _____ money on other people, you _____ feel happier.

A

B

B Complete Sam's reason. Listen again and check.

If I ¹ _____ to the movies, we ² _____ a scary movie. And if I ³ _____ a scary movie, I ⁴ _____ nervous. And if I ⁵ _____ nervous, I ⁶ _____ well tonight. And if I ⁷ _____ well, I ⁸ _____ late for work. And if I ⁹ _____ late for work, my boss ¹⁰ _____ angry. And if my boss ¹¹ _____ angry, I ¹² _____ a pay raise. And if I ¹³ _____ a pay raise, I ¹⁴ _____ on vacation. And if I ¹⁵ _____ on vacation, I ¹⁶ _____ miserable. So, no thank you!



B 1.14 Match the two columns to make sentences. In pairs, say the sentences. Pay attention to the 'll sound. Listen, check, and repeat.

- 1 I'll be really envious
- 2 You'll miss your flight
- 3 If you give her your phone number,
- 4 If you can fix the computer now,
- 5 If she fails her exam,
- 6 They'll get a taxi

- a she'll call you later.
- b if your boss sends you to Jamaica.
- c she'll be really upset.
- d if you can't take them to the station.
- e if you don't leave now.
- f it'll be very helpful.

7 A In pairs, complete the sentences.

- | | | |
|----------------------------------|-----------------------------|---|
| 1 If I make a lot of money, ... | 3 I won't believe it if ... | 5 If I don't come to class next week, ... |
| 2 If I get a headache later, ... | 4 I'll be delighted if ... | 6 I'll have a big party if ... |

B Tell the class what your partner said.

1. _____
2. _____
3. _____

4. _____

5. _____

6. _____