



## 1. Read the text and answer the question.

In March 2022, the World Health Organization (WHO) reported that approximately 15% of adults worldwide suffer from anxiety disorders. Anxiety disorders are mental health conditions in which people feel extreme fear, worry, or nervousness in situations that are not actually dangerous. These disorders can affect daily life, work, and relationships.

One common type of anxiety is social anxiety, which makes people feel extremely nervous in social situations. For example, a survey conducted in the UK in April 2021 included Emma, a 28-year-old teacher, who described feeling her heart racing and hands trembling whenever she had to speak in front of her students. Emma said that sometimes she avoids social events or meetings because she fears being judged by others.

Another type of anxiety disorder is specific phobia, which is an intense fear of a particular object or situation. In February 2020, a study in the United States found that approximately 12% of adults have a phobia of animals, heights, or flying. People with specific phobias often take great care to avoid situations that trigger their fear.

Experts say that anxiety disorders are treatable. Common methods include cognitive-behavioral therapy (CBT), relaxation techniques, lifestyle changes, and sometimes medication. According to a report published in June 2021, about 60% of people with anxiety who seek therapy report significant improvement.

Despite this, many people do not talk about their fears because they feel embarrassed or ashamed. Mental health campaigns in 2020 and 2021 encouraged people to speak openly about anxiety, emphasizing that these conditions are common and manageable. Awareness has increased in recent years, but stigma still prevents some individuals from seeking help.

In addition to therapy, experts recommend self-help strategies such as exercise, mindfulness, and connecting with supportive friends or family. They also stress the importance of early intervention, especially for young people, because anxiety disorders can become more severe if left untreated.

Overall, understanding and accepting mental health issues like anxiety can help reduce fear and improve the quality of life for millions of people worldwide.

1. What is the importance of early intervention for young people with anxiety?

2. What is social anxiety, and how does it affect Emma?

3. Give one example of a specific phobia mentioned in the text.

4. In your opinion, why is it important to increase awareness about anxiety disorders?

## 2. Match the words with their definitions:

Disorder

Treatment that helps people with physical or mental problems

Therapy

A strong, unreasonable fear of something

Phobia

A mental or physical condition that is not normal or healthy

Stigma

Knowledge about a subject and understanding its importance

## Awareness

A negative social attitude that makes people feel ashamed or embarrassed

3. Writing practice: Write a short essay (at least 250 words) about "A common fear or phobia and how to manage it."

Things to include:

- A description of the fear or phobia
- How it affects people's daily life
- Ways to manage or overcome it (therapy, self-help strategies, lifestyle changes)
- Your opinion on why talking about fears is important

Tip: Use vocabulary from Part 2, such as anxiety, phobia, therapy, awareness, embarrassment.