

# ESL 4 Listening: Anxiety & Mental Health During a Pandemic

**Vocabulary:** Move the words to the correct definitions.



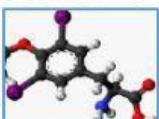
You can trust/believe



Moving air in and out of your lungs



Feelings of fear or nervousness



Send information from cells in the body



Face problems & find solutions



When a disease spreads quickly, affects many people



Focus of the mind, aware of thinking



Tight feeling in muscles

**mindfulness    anxiety    hormones    reliable    tension    pandemic    cope    breathe**

**Watch the video first. Then watch again and choose the correct words to complete the sentences.**

Coronavirus can stir up all sorts of feelings, like fear, \_\_\_\_\_ or stress. A little \_\_\_\_\_ can be helpful. It can be the motivator that keeps us self-isolating or \_\_\_\_\_ our hands. But \_\_\_\_\_ or high levels of stress can \_\_\_\_\_ affect our \_\_\_\_\_ and \_\_\_\_\_ health. Taking care of our \_\_\_\_\_ is always important, but doing so in the middle of a \_\_\_\_\_ can be really tricky. Here are some \_\_\_\_\_ and techniques to \_\_\_\_\_ us all get through this.

**Start your day well.** It can be tempting to reach for your \_\_\_\_\_ or switch on the \_\_\_\_\_ first thing in the morning, but \_\_\_\_\_ the day with a simple \_\_\_\_\_ exercise, such as '**Notice things**', can help you \_\_\_\_\_ in with how you're \_\_\_\_\_ and to connect with your environment. Mindfulness is well known to make people feel calmer and \_\_\_\_\_ better with \_\_\_\_\_. This quick exercise takes \_\_\_\_\_ than a minute. Before you get out of bed: pause and \_\_\_\_\_ on 3 things you can \_\_\_\_\_. For example, your patterned curtains, the blue sky, or even just a lightbulb. Then \_\_\_\_\_ for 3 things you can \_\_\_\_\_. The sound of cars passing by, a singing \_\_\_\_\_, or the hum of your boiler. And finally, notice 3 things you can \_\_\_\_\_ in contact with your \_\_\_\_\_. Your PJs, bedsheets, or even your cat.

**Get planning.** Although it's tempting to \_\_\_\_\_ curled up \_\_\_\_\_, adapting and creating positive \_\_\_\_\_ routines can be \_\_\_\_\_ and keep you \_\_\_\_\_. For example, in the place of what was your \_\_\_\_\_ commute or a school-run, \_\_\_\_\_ to a podcast or go for a \_\_\_\_\_. Incorporating some form of \_\_\_\_\_, outdoors if possible, into \_\_\_\_\_ day

is good for mental and physical \_\_\_\_\_. And set aside time to \_\_\_\_\_ to friends, \_\_\_\_\_ or work colleagues every \_\_\_\_\_. Connecting with others releases feel-good \_\_\_\_\_ that help to relieve \_\_\_\_\_.

**Stay informed, not overloaded.** Although we are able to \_\_\_\_\_ with some \_\_\_\_\_ here and there, being \_\_\_\_\_ exposed to a rolling fear-inducing news-feed can impact your \_\_\_\_\_ health. Hearing upsetting or \_\_\_\_\_-provoking news triggers a stress-response in our \_\_\_\_\_. Keeping informed is important, but \_\_\_\_\_ your social media and information intake will make a big difference to \_\_\_\_\_ you \_\_\_\_\_. Try to limit the \_\_\_\_\_ you spend listening to, \_\_\_\_\_, or reading things about the \_\_\_\_\_. Turn to one or two \_\_\_\_\_ sources for news and check them just \_\_\_\_\_ or \_\_\_\_\_ a day to stay \_\_\_\_\_.

If feelings of \_\_\_\_\_ spring up in your day, try a \_\_\_\_\_ technique, such as **box breathing**. \_\_\_\_\_ on and controlling your \_\_\_\_\_ is a scientifically-backed way of making you \_\_\_\_\_. Box breathing is quick, \_\_\_\_\_, and can be done anywhere. \_\_\_\_\_ in deeply through your \_\_\_\_\_ for a count of \_\_\_. \_\_\_\_\_ your breath for \_\_\_. Breathe \_\_\_\_\_ completely through your \_\_\_\_\_, for a count of \_\_\_. And hold your \_\_\_\_\_ breath for \_\_\_. Then repeat \_\_ times.

**Getting ready for bed.** Good quality \_\_\_\_\_ makes a big difference to how you \_\_\_\_\_. But feeling \_\_\_\_\_ or anxious can make getting to sleep \_\_\_\_\_. You could set a coronavirus \_\_\_\_\_ curfew, so you \_\_\_\_\_ watch or \_\_\_\_\_ anything to do with the outbreak \_\_\_\_\_ 7pm and aim for a \_\_\_\_\_ bedtime. You might also find it helpful to \_\_\_\_\_ caffeine \_\_\_\_\_ bed, not eat or drink too much \_\_\_\_\_ in the evening, have a \_\_\_\_\_ bath, and keep \_\_\_\_\_ out of your \_\_\_\_\_.

If getting to \_\_\_\_\_ is proving tricky, you can try '**the \_\_\_\_\_ scan**'. This simple \_\_\_\_\_ helps you to \_\_\_\_\_ both your \_\_\_\_\_ and body, and with practice, you might find that it even sends you off to \_\_\_\_\_. Whilst you're \_\_\_\_\_ in bed or resting, take your attention to your \_\_\_\_\_. Relax and \_\_\_\_\_ them into the bed as much as possible. Then \_\_\_\_\_ up your body, moving to your \_\_\_\_\_. Release any \_\_\_\_\_ and soften them into the bed. Once they feel \_\_\_\_\_, move up further to your \_\_\_\_\_, then knees, \_\_\_\_\_, and so on. Keep moving \_\_\_\_\_ up your \_\_\_\_\_, all the way to your \_\_\_\_\_, softening and relaxing every \_\_\_\_\_ along the way. We hope these simple \_\_\_\_\_ steps will help. Take care.

[Click on this link to open the video in the Youtube app](#)