

ESL 4 Listening: Anxiety & Mental Health During a Pandemic

Vocabulary: Move the words to the correct definitions.



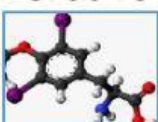
You can
trust/believe



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