

1 Match words 1–5 to definitions A–E.

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|--------------|-----|---|
| 1 mood | ___ | A something that cures an illness or injury |
| 2 antidote | ___ | B general health and happiness |
| 3 treatment | ___ | C the way a person feels at a particular time |
| 4 well-being | ___ | D a period of time that a person spends doing an activity |
| 5 session | ___ | E something that takes away the effects of something unpleasant |

2 The underlined words are in the wrong sentences. Write them next to the correct sentences.

- 1 When a mosquito bites me, I get allergic skin. _____
- 2 If Gemma eats nuts, she will have a very bad aching reaction. _____
- 3 Martin plays American football, and last week, he was hurt during a match. He's got a stiff shoulder. _____
- 4 Dad has been digging in the garden and he now has itchy muscles. _____
- 5 Mum has been working at the computer for hours. She has a dislocated neck. _____

3 Complete the sentences with the phrasal verbs in the box.

cut down loosen up open up slow down stress out
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- 1 Jack should _____ to someone about his problems; he'd feel better.
- 2 You need to _____ and take things easy!
- 3 Don't let your exams _____ you _____, Marie. They'll be finished soon.
- 4 You should really do some gentle exercises to _____ before you go for a run.
- 5 I've been trying to _____ on the amount of sugar I eat since I saw that TV programme.

Everyday English

4 Complete the dialogue with the phrases in the box.

don't forget to have you thought about
why don't you would you do
would you suggest

Stacey James, what (1) _____ if you were me?

James What do you mean?

Stacey Well, I really need to do more exercise.

(2) _____ joining a gym?

James You don't have to join a gym. Just find an activity you enjoy. (3)

_____ cycling?

Stacey I know how to cycle, but I don't have
a bike.

James OK. Not cycling then. (4) _____ go
running?

Stacey That's a good idea. Do I need to buy anything?

James No, but (5) _____ wear the right shoes.

Stacey It's OK, I have some good trainers.

James Great. Maybe I'll come running with you.

5 Choose the correct option. Then complete the sentences with the correct form of the verbs in brackets.

1 **If / Unless** we _____ (not hurry), we will miss the bus.

2 I will go running **if / unless** you _____ (come) with me.

3 **If / Unless** I had known you weren't well,
I _____ (not ask) you to help me tidy up.

4 We _____ (go) to the beach tomorrow **if / unless** the weather is
bad.

5 **If / Unless** I _____ (study) harder for the exam, I would have got a
better mark.

6 Write sentences using the conditional form in brackets.

1 if / I / lie / sun / too / long / I / get / sunburned
(first conditional)

2 when / you / heat / water / 100 / degrees / it / boil (zero conditional)

3 if / Karen / speak / Spanish / she / get / job
(third conditional)

4 unless / it / rain / we / go / to / beach / tomorrow
(first conditional)

5 if / we / know / you were arriving today / we / make / nice / meal (third conditional)

- 7 Complete the sentences with the verbs in the box. Use the conditional form in brackets.

book buy eat feel have like not do not meet not move win

- 1 _____ you _____ a big house if you _____ the lottery? (third conditional)
- 2 _____ you _____ tired when you _____ enough exercise? (zero conditional)
- 3 We _____ if I _____ from Madrid to London. (third conditional)
- 4 I _____ more vegetables if I _____ them. (second conditional)
- 5 If we _____ enough money, we _____ a wonderful holiday. (first conditional)

Cumulative Review

- 8 Complete the text.

Keeping fit (1) h _____ always b _____ important to my family. So when some family friends asked us to join them on a skiing holiday in Switzerland, my parents were very excited. At the time I was feeling quite low because I was stressed about my exam results. My parents thought a holiday would (2) c _____ me u _____. The holiday started out well. The great thing about skiing is that if you (3) h _____ a few lessons, you can learn the basics very quickly. Skiing is also a really good workout, although after a few days I started to get (4) a _____ muscles. On day three disaster struck. I (5) w _____ s _____ back to the hotel when I crashed into a tree and broke my leg. I kept thinking that I wouldn't have had the accident if I had stayed at home!

Reading

- 9 Read the text. Match sentences A–F with gaps 1–4 in the text. There are two sentences you do not need. (4 marks)

- A Even the tiniest task, like walking a few steps, seemed like climbing a mountain.
- B The hospital staff were amazing.
- C These thoughts brought my mood down.
- D Gratitude helped to shift my attention from what I didn't have to what I did have.
- E I felt good when I achieved something.
- F As a result, I was in hospital for six months.

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How I beat my negative thoughts
by Duncan Ashworth

On 7 July 2012 I was in a car accident. I injured my back. (1) ____ Before my accident, I was a really active person, I played tennis and I went swimming every week. I had a busy social life and a job as a lawyer. All that changed after my accident. I had to learn to walk again. (2) ____ It was easy for me to slip into depression. The one thing I could still do was use my laptop. So, I started writing a diary to reflect on my feelings and what I should do to feel better. I discovered there were quite a few things I could do to cheer myself up.

One of the things that really made me feel bad were my thoughts about the past and the future. I used to think, 'If I hadn't been in the accident, I wouldn't be stuck in this hospital bed. If my back doesn't get better, I'll never walk again. Why did I drive to work that day?' (3) ____ So, I decided that every time I had a thought like that, I would instantly replace it with something positive. I also focused on the present moment rather than the past or the future. I used a meditation technique that I learned. It involved focusing on my breathing and controlling it for a few minutes, then making an assessment about how I was feeling and what thoughts were going through my mind at that moment. If I felt stressed, I would check my body to find out exactly where I felt stressed; for example, a tightness in my chest, or a pain in my stomach, or tension in my neck. I would then breathe slowly, focus on that part of my body and try to imagine it was relaxing and all the stress and tension was flowing out of my body. This technique helped me a lot.

Another thing that helped me a lot was laughter. I watched a lot of comedy films that made me laugh. I also had a very entertaining roommate in the hospital. He was a young man called Ian and he was around my age. He had broken a lot of bones in a motorcycle accident. Despite what he was going through, he never lost his sense of humour. He made me laugh and this helped me get through those difficult first months. Another thing that helped me was being grateful. At the end of every day I made a list of ten things I was grateful for; it could be about the weather, something I achieved or just the simple pleasure of eating a bar of chocolate.

(4) ____

Everyone knows that exercise is good for your well-being, but after my accident I couldn't work out in the gym like I used to. Instead, I did gentle exercises and stretches and practised walking very slowly. The fact that I was doing something helped improve my mood. After six months I was almost fully recovered. I went home and, eventually, back to my job. But something had changed inside me.

I felt stronger as a person. I felt more able to cope with difficulties and challenges. I have no regrets about what happened to me. I believe that if I hadn't been in that accident, I wouldn't have learned so much about myself and about how staying positive about what life can throw at you is essential.

10 Read the text again. Then complete the sentences.

- 1 At first, Duncan _____ negative thoughts about what _____ to him that day.

- 2 Duncan liked his _____ Ian very much because Ian _____
Duncan _____.
- 3 Duncan doesn't regret the accident. As a result of what happened to him, he felt
_____. He also thinks it is _____ to stay
_____.