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Health and happiness

Reading

1 Read the text on page 61. Circle the best description of Maslow's hierarchy of needs.

- a a theory about the basic things people need to live
- b a theory about the order that people have to do things to succeed

3 Read the text again. Are the sentences true (T) or false (F)?

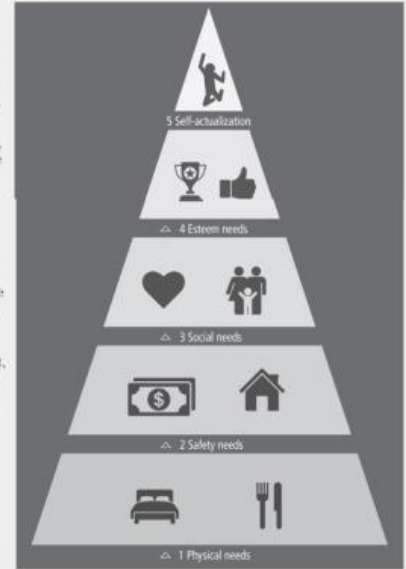
- 1 Abraham Maslow was a psychologist. T F
- 2 His hierarchy puts people's needs in order. T F
- 3 Maslow said you must have your basic needs met before you can progress to other needs. T F
- 4 Self-actualization is when you set new goals. T F
- 5 Some psychologists disagree with Maslow's hierarchy. T F

Maslow's hierarchy of needs

Abraham Maslow was one of the most well-known psychologists of the 20th century. He believed that everyone has needs and that people's needs influence how they behave.

A hierarchy organizes things from most to least important. Maslow's hierarchy is a triangle shape. It has the most basic needs at the bottom and at the top, it has things for a happier life. When people have the basic things they need, they can progress to the next level. This continues until they get to the top level and have everything they need.

- 1 At the bottom of the triangle are physical needs. These are things everyone must have before they can think about or do other things. For example, food, water, sleep, and a place to live. These are the things we can't live without.
- 2 Higher up, but still basic needs, are safety needs. These include a safe place to live, enough money to live, and healthcare.
- 3 The middle level are social needs. According to Maslow, people have social needs such as being part of a family, making friends, or joining a club. Strong relationships make people feel loved and wanted.
- 4 "Esteem" means feeling good about yourself. People want respect for, or to feel good about, what they've achieved. Getting a promotion at work, passing a test, or doing something well are all things that can improve someone's esteem.
- 5 At the top of the hierarchy is self-actualization. This is becoming your best self. It's being the person you want to be. People who self-actualize have achieved their goals and can try new things they enjoy.



Though Maslow's hierarchy of needs is a popular theory, other psychological researchers found that needs don't always follow an order. They believe that self-actualization and social needs are important to people who don't have the basic things they need. For example, if someone doesn't have a safe place to live or enough money, they'll still want to feel loved, receive praise, and achieve their goals.

Grammar

Second conditionals

1 Which sentence (a or b) means the same as the sentence in bold? Circle the correct sentence.

- 1 **If I wasn't so busy, I'd take a vacation.**
 - a I can't take a vacation because I'm busy.
 - b I'm not very busy, so I can take a vacation.
- 2 **If Nadia went to sleep earlier, she wouldn't be so tired.**
 - a Nadia doesn't go to sleep early, so she's tired.
 - b Nadia goes to sleep early, but she's still tired.

3 **If Janina saw her friends more, she would not be so unhappy.**

- a Janina sees her friends, but she still feels unhappy.
- b Janina doesn't see her friends enough, so she isn't very happy.

4 **Hari wouldn't exercise if he didn't enjoy it.**

- a Hari doesn't exercise much because he doesn't like it.
- b Hari does a lot of exercise because he likes it.

5 **If they lived in the city, they would feel more stressed.**

- a They live in the city and they feel stressed.
- b They don't live in the city, so they are less stressed.

2 Circle the correct options to complete the sentences.

- 1 Anya and Olha *wouldn't / will not* be stressed if they *weren't / wasn't* so busy.
- 2 If you *do / did* ten minutes of practice a day, you'd / you'll learn really quickly.
- 3 If Ramon *is / were* more relaxed, he'd be / *being* happier.

- 4 I would see / saw my family more if I *live / lived* in the same town.
- 5 We'd / 'll do more sports if we *didn't have / not had* a TV.
- 6 Patrick *would / will* sleep late if he *didn't / doesn't* work on Saturday mornings.

3 Complete the conditional sentences with the correct form of the verbs.

- 1 If Khalid _____ (not / live) in the city, he _____ (not / order) takeout every day.
- 2 If Blair's family _____ (praise) her more, she _____ (feel) better.
- 3 They _____ (have) less energy if they _____ (not / eat) breakfast.

- 4 If Lihua _____ (change) her job, she _____ (not / get) free healthcare.
- 5 If we _____ (buy) new bikes, we _____ (use) them every day.
- 6 I _____ (not / practice) every day if I _____ (not / have) a race next month.
- 7 If I _____ (be) you, I _____ (study) more.

Listening

2 Look at your notes for Exercise 1. Circle what Mika thinks people need to talk about more.

a feelings b sadness c happiness

3 9.1 Listen again and check your answer to Exercise 2.

4 9.1 Listen again. Circle the correct option to complete the sentences.

- 1 Mika says that people think that they'd be happier if they did *more / less*.

- 2 The host says that people don't always want to *be positive / hear advice* when they're sad
- 3 Mika thinks it's a good idea to *smile / talk about it* when you feel sad.
- 4 Mika says feeling sad can help people to *think / make changes*.
- 5 The host says that if someone is sad all the time, they should speak to *a friend / a doctor*.

Vocabulary

Health and illness

1 Complete the phrases with these verbs.

feel get have prevent stay take

- 1 _____ a cold / sunstroke / an accident
- 2 _____ sunstroke / better / sick

- 3 _____ a break / your medicine
- 4 _____ a serious accident / a high fever / an illness
- 5 _____ tired / sick / healthy
- 6 _____ healthy / in good shape / young

2 Complete the questions or answers with a noun or adjective from Exercise 1.

1 A: What do you do to prevent _____?

B: I wear a hat and stay inside when it's very hot.

2 A: What's wrong?

B: I have a bad _____. I have a sore throat and a cough.

3 A: Do you feel _____?

B: Yes. I didn't sleep well last night. I'm going to bed now.

Grammar

must, have to, should

1 Complete the sentences with the positive or negative form of the verbs.

1 You _____ miss your appointment, or they'll charge you \$40. (should)

2 You _____ wear a sun hat when it's hot. It helps to prevent sunstroke. (should)

2 Circle the correct options to complete the conversations.

1 A: What time do you ¹have to / must be at the hospital?

B: My appointment is at 10 a.m. It says I ²should / must arrive fifteen minutes early or they will cancel it!

A: OK. So, we ³should / must probably leave here about 9 a.m.

B: We ⁴don't have to / must not leave that early! It's only a ten-minute drive.

3 You _____ finish all the food on your plate. You can leave some. (have to)

4 You _____ wear a safety helmet to prevent serious accidents. (must)

5 You _____ wash your hands before you visit the hospital. (have to)

2 A: I want to get up earlier, but I'm terrible at getting out of bed. What ⁵should / must I do?

B: Well, you ⁶don't have to / shouldn't go to bed late. And you ⁷must not / don't have to drink any coffee or tea after 4 p.m. That won't help you sleep!

3 A: Does Julia ⁸have to / should wear a uniform for her new job?

B: No, she ⁹doesn't / must not, but her new boss said that she ¹⁰should / shouldn't wear casual clothes.

Pronunciation

Saying long and short sounds (3):

/ɔ:/ and /ɒ/

1 92 Listen and complete the chart with these words.

always dawn	autumn holiday	bought stop	clock
/ɔ:/		/ɒ/	

Pronunciation

Understanding elision (2): in negative auxiliaries

1 93 Listen and complete the sentences with the positive or negative form of an auxiliary verb.

1 I'm sorry. I _____ help you today.

2 I _____ have time.

3 I _____ be able to do it on Sunday.

4 Shona _____ be there at 5 p.m.

5 They _____ arrive soon.

Writing

1 Complete the sentences with the words *because, as, see, feel, smell, taste, and hear*.

- 1 I love summer _____ I love waking up to _____ sunlight through the curtains.
- 2 Sadia and Samira are two of my favorite people. They make me _____ so loved.
- 3 I always feel grateful for the _____ of fresh flowers. It fills me with joy.
- 4 I'm so glad that I live near a park _____ I love to _____ birds singing.
- 5 One of my favorite things is the _____ of fresh bread with jam. Delicious!
- 6 I'm grateful for my family _____ they give me love and support.