

## Listening & Mediation Practice – Overcoming post-Christmas blues

<https://www.youtube.com/watch?v=r0i3z1C67j8>

### Listening Task. Listen and fill in the gaps (1 to 3 words)

In January, it can be a bit of a (1) \_\_\_\_\_ for a lot of people after the Christmas (2) \_\_\_\_\_

The weather's cold, the work's getting (3) \_\_\_\_\_ and after all that Christmas shopping, frankly you're a bit (4) \_\_\_\_\_.

What you've got is a serious case of (5) \_\_\_\_\_ or SAD (seasonal affective disorder).

We'll start with (6) \_\_\_\_\_. Lacking in vitamin D is not only bad for your mood but it can actually (7) \_\_\_\_\_ some really serious issues.

if it is impossible for you to get a substantial amount of daylight, then there are other ways to get your vitamin D. There's a lot of (8) \_\_\_\_\_ that you can get but there's also a lot of food and drink.

That does bring me on to my next point. Planning out a healthy balanced diet along with your (9) \_\_\_\_\_ (NB use hyphen -) just will make you feel miles better and not just physically but also mentally.

(10) \_\_\_\_\_ something about planning out a routine and sticking to it that really helps for your mental wellbeing.

This also applies to exercise. You know, like going for a walk around Hanley Park for like once a day. It's (11) \_\_\_\_\_.

Probably the thing that not everyone thinks about is just staying busy. Not active, busy. Get a hobby. Make work for yourself. Try and get out the house. Just (12) \_\_\_\_\_.

There's nothing more (13) \_\_\_\_\_ and (14) \_\_\_\_\_ than feeling like you're doing the same thing over and over again, repeating yourself.

That doesn't (15) \_\_\_\_\_. If you want that to be real then it's got to mainly come from you.

Now if you really can't seem to (16) \_\_\_\_\_, then you might need to ask yourself the hard question. Is it actually winter related or is it something more?

At the end of the day, if it has persisted for a very long time, then maybe you should talk to your friends and if not them, a (17) \_\_\_\_\_.

And illnesses can be treated with medical advice. They don't always go away (18) \_\_\_\_\_.

What you really want to be doing is living your best life. (19) \_\_\_\_\_ it sounds, it's true.

Anyway, I hope you found this video useful and have a fun time kicking (20) \_\_\_\_\_. Until then, I'll see you in the next one.

## Upper-Intermediate (B2) Mediation Task

Teacher Del (OSL Sant Vicent del Raspeig)

You're a **famous Youtuber** who is **determined to promote healthy ways of living to the full**. You've created a vlog series called ***Little things can make a big difference***. For this week's episode, the local University Students' Council has asked you to **post a vlog explaining students how to overcome post-Christmas blues**. Use the relevant info below (max 02'00'')

The infographic is divided into two main sections. The top section has a blue background with the title 'POST-HOLIDAY DEPRESSION' in large white letters, followed by 'WHAT YOU SHOULD KNOW' in smaller white letters. Below the title are three icons: a person sitting alone, a cloud with rain, and a measuring tape. Each icon has a corresponding text box. The bottom section has a light gray background with the title '5 TIPS TO COPE WITH POST-HOLIDAY BLUES' in large black and orange letters. Below the title are five orange rounded rectangles, each containing a tip. To the right of the tips is a decorative illustration of a pine branch with a yellow Christmas ornament. At the bottom left is the logo for 'MED vidi' with the text 'EZCare Clinic - Mongo Clinic' below it.

# POST-HOLIDAY DEPRESSION

WHAT YOU SHOULD KNOW

- Can be an increase in loneliness, anxiety & depression
- Can coincide with Seasonal Affective Disorder
- Typically accompanied by:
  - Social withdrawal
  - Increased sleep
  - Weight gain

## 5 TIPS TO COPE WITH POST-HOLIDAY BLUES

- Connect with loved ones
- Plan fun activities
- Get back to healthy routines
- Exercise and spend time outdoors
- Practice favorite self-care methods

**MED vidi**  
EZCare Clinic - Mongo Clinic

(Sources: <https://www.facebook.com/CompassInterventionCenter/>; <https://medvidi.com/blog/what-is-post-holiday-blues-and-how-to-deal-with-it>)