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.

LIVEWORKSHEETS

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''**)



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

LIVEWORKSHEETS