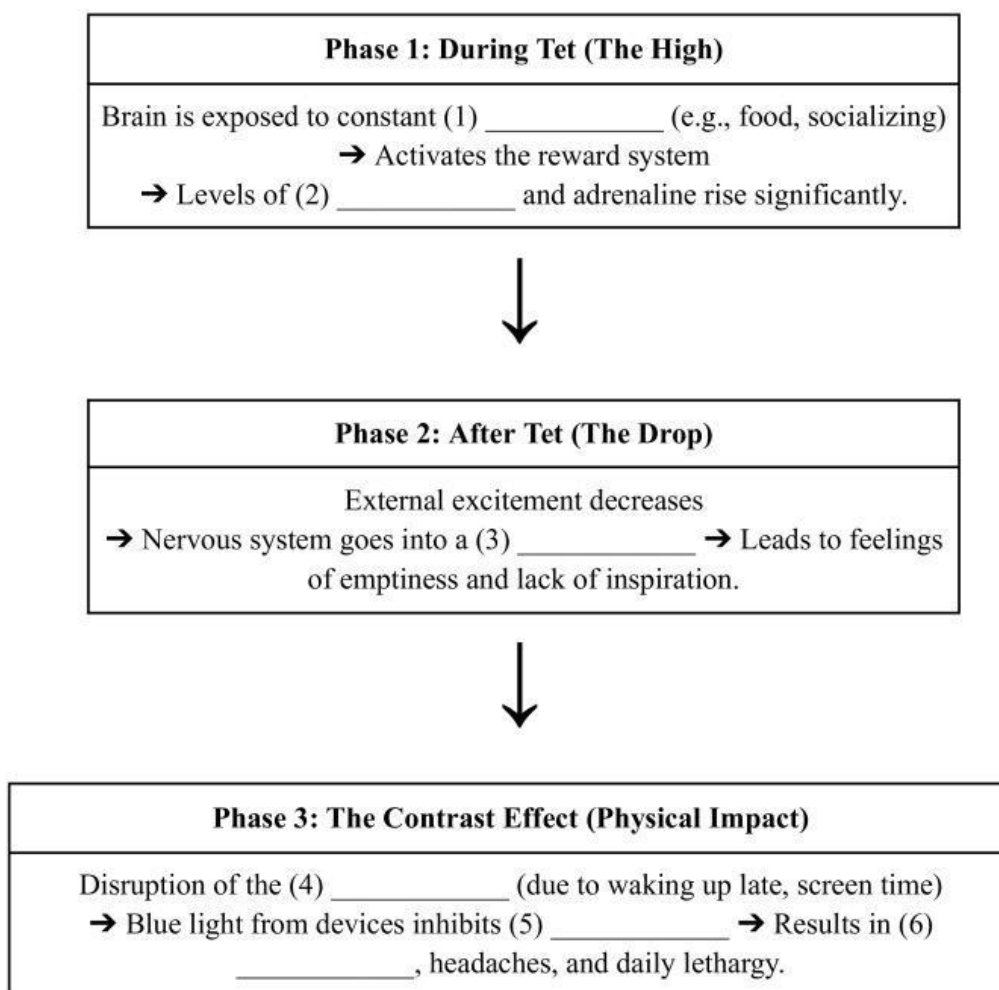


PRE-TASK WORKSHEET: THE "POST-TET BLUES"

Link article:

<https://www.vietnam.vn/en/lam-the-nao-de-khong-roi-vao-hoi-chung-buon-chan-sau-tet>

TASK 1: Complete the flow-chart below showing the biological changes during and after Tet. Choose **NO MORE THAN TWO WORDS** from the passage for each answer.



TASK 2: Find the exact words or phrases (1-3 words) in the article that perfectly describe the following situations.

1. Situation: You look at your bank account after Tet and realize you spent way more money on lucky money and parties than you earned.

→ You are experiencing: _____

2. Situation: You stare at your computer screen, feeling extremely slow, lacking energy, and putting off your emails until the afternoon.

→ You are showing signs of: _____

3. Situation: A person already has a lot of stress from their marriage. Then, the exhaustion of Tet happens, pushing them over the edge into a mental breakdown.

→ Tet acts as the: _____

4. Situation: Instead of feeling rested, you wake up tired, unmotivated, and your head hurts heavily like a drum.

→ You have a: _____

TASK 3: You MUST use at least **FOUR** highlighted phrases from Task 1 & 2 to write short, truthful answers about your own recent Tet holiday.

Question 1: What specific positive stimuli did you enjoy the most during this recent Tet, and how did it affect your circadian rhythm?

Your answer: _____

Question B: Reflecting on the first week back to school/work, did you experience procrastination, lethargy, or a throbbing headache? What was the hardest task for you to complete?

Your answer: _____