

Taking care of our mental health!



PRE – LISTENING : 5 TIPS TO PROTECT YOUR MENTAL HEALTH

A. Take a deep breath



B. Take care of yourself



MAKE
SURE
YOUR
FRIENDS
ARE
OKAY



C. Check in with friends



D. Enjoy your hobbies



E. Put down the smartphones



Miss Aguayo

WHILE – LISTENING

- a. Listen to the audio in google classroom and complete the text.
Use the words from the box below.



Managing Anxiety During Coronavirus

5 tips to _____ your mental _____

1 Put down the smartphones

Take _____ from _____ and the _____
Give your _____ a chance to _____. Set
_____ on how long you _____ the news. You
can stay _____ without getting _____



2 Take care of yourself

Eat _____ meals, get some _____ and
get plenty of _____



TAKE CARE

3 Enjoy your hobbies

Take _____ to engage in
_____ activities like _____ a book, or
_____ something _____



video
chat?

4 Check in with friends and family

Social distancing doesn't mean _____ Connect with the
_____ you _____ about.

5 Take a deep breath

Take a _____ and give _____
space to _____ your feelings. Consider doing some
_____ or yoga or engaging in a short
_____ exercise.

BREATH



UC San Diego Health

Stretches- yourself-social isolation-people-doing-time-sleep – (well-balanced) -
breaks- disconnect-mindfulness-process-care-relaxing – creative- exercise-check -
informed-step back – reading- limits- social media- news – mind- overwhelmed



Miss Aguayo

POST-LISTENING

- a. Make a poster. (Lo puedes hacer en cualquier programa y subirlo al classroom, SI TRABAJAS SIN CONEXIÓN en un papel o tu cuaderno). The POSTER is about ONE TIP TO PROTECT YOUR MENTAL HEALTH.



POSTERS have 3 parts

• The title

The figure

The key points

Be careful with spelling! A

poster cannot have

misspellings. 😊

Use only one picture
for the poster

Capital letters are very
important. Use them to
start a sentence and for
titles.



Miss Aguayo