

9 Stress and relaxation

AUTHENTIC LISTENING SKILLS

Understanding mid-sentence changes in direction

6 **2 19** You are going to hear a podcast in which a member of the *Keynote* team talks about Matt Killingsworth's TED Talk, *Want to be happier? Stay in the moment*. Listen and complete the sentences.

- 1 This talk was of interest to – _____ because I try to practise mindfulness in my daily life.
- 2 His main subject is happiness, _____.
- 3 That is the paradox of happiness, what looked like it should bring – _____ – doesn't always.

VOCABULARY IN CONTEXT

9 Read the extracts from the podcast. Choose the correct meaning of the words in bold.

- 1 His presentation style and way of talking **emanated** a distinct scientific feel ...
a gave
b tried to contain
c hid
- 2 What interested me particularly about the talk was what he said about staying in the moment and **wandering** minds.
a uninteresting
b unfocused
c walking
- 3 His research with the tracking app 'Trackyourhappiness .org' has revealed that mind wandering is **ubiquitous**.
a rare
b dangerous
c widespread
- 4 Matt Killingsworth analyzed data from 650,000 real-time reports from 15,000 people **hailing from** 80 countries ...
a working in
b coming from
c describing
- 5 Driving is an activity where I am most **distracted**, so I'm going to be very conscious of staying present.
a unable to concentrate
b busy
c focused

9.2 Even holidays are stressful

1 Choose the correct options to complete the text.

The Black-hole Château

The château is ¹utterly / exquisitely / totally located in ²beautifully / fully / totally kept gardens and extensive wooded grounds. The spacious rooms are ³well / magnificently / extremely comfortable, ⁴tastefully / absolutely / utterly furnished and most ⁵fully / importantly / well are ⁶tastefully / completely / well quiet. The entire complex is ⁷extremely / fully / exquisitely accessible for wheelchair users and all staff speak French, German and English.

At the Black-hole Château we believe that holiday breaks are to be savoured and should be ⁸completely / beautifully / tastefully stress free. Your holiday is ⁹well / beautifully / utterly earned and we aim to allow you every opportunity to unwind and recharge your batteries. Black-hole Château is ¹⁰totally / beautifully / importantly cut off from the outside world. There are no televisions, computers or other screens on the premises and our slogan is 'slow food, slow stay and slow down'.

3 Complete the sentences about the hotel with the correct adverb.

- 1 Our stay was *extremely* / *such* relaxing in every way.
- 2 We felt *completely* / *beautifully* rejuvenated when we returned.
- 3 Throughout our stay we *barely* / *always* saw or spoke to any of the other guests.
- 4 Every meal was *freshly* / *incredibly* cooked to order.
- 5 A substantial amount of produce is *locally* / *so* sourced.
- 6 *Utterly* / *Amazingly*, I didn't miss the technology I thought I couldn't live without.
- 7 *Intelligently* / *Expertly* trained riding and golfing coaches made learning fun.
- 8 All amenities were also *completely* / *very* wheelchair accessible, I was happy to find.

5 Use the adverb-adjective combinations from Exercise 4 to complete the sentences.

- 1 After a wonderful week we reluctantly said goodbye and returned to our _____ lives.
- 2 We don't want any more misunderstandings. Is that _____?
- 3 Being _____ makes her the perfect choice to work with customers.
- 4 Our _____ international reputation is down to word-of-mouth.
- 5 We notice how people arrive very stressed and leave _____.

VOCABULARY Idioms related to the body

5 Match the body idioms (1–8) with the meanings (a–h).

- | | |
|-------------------------------------|---|
| 1 to be up to your eyeballs | a to anger you |
| 2 to keep your chin up | b to enjoy yourself without inhibitions |
| 3 to make your blood boil | c to tell someone how you feel |
| 4 to get cold feet | d to have a lot to do |
| 5 to let your hair down | e to be an annoyance |
| 6 to get something off your chest | f to be a relief |
| 7 to be a pain in the neck | g to stay positive |
| 8 to be a weight off your shoulders | h to lose courage at the last moment |

4 Match the adverbs (1–5) with the adjectives (a–e) to make common combinations.

- | | |
|--------------|------------|
| 1 absolutely | a sociable |
| 2 blissfully | b growing |
| 3 naturally | c busy |
| 4 rapidly | d clear |
| 5 horribly | e happy |

GRAMMAR EXTRA! Time expressions

7 Complete the sentences with these time expressions. Use the context to help.

already	finally	just	last	now
recently	tomorrow	yesterday	when	while

- 1 I've only _____ met him.
- 2 I saw him _____ I was waiting for the train.
- 3 I haven't spoken to him _____. The last time was nearly three weeks ago.
- 4 I phoned him _____ but he wasn't at home.
- 5 I'm meeting him for coffee _____.
- 6 I'm looking at him _____. He's sitting in the corner.
- 7 _____ I see him, I'll tell him you're looking for him.
- 8 I _____ saw him a month ago.
- 9 After spending nearly an hour looking for him, I _____ found him waiting at reception.
- 10 I've _____ seen him twice today.

6 Use the correct form of the body idioms (1–8) from Exercise 5 to complete the sentences.

- 1 He had prepared the talk very well, but on the day of the presentation he _____.
- 2 When I think about how hard you've worked and how badly they've treated you it _____.
- 3 Sorry I can't help you this week. I'm _____ with work.
- 4 I'm trying to _____, but that's the fourth rejection I've had in a row.
- 5 I'm sorry you have to rewrite the article or at least cut it down. It _____, I know, but the magazine insists that it can't be over 300 words.
- 6 Sorry to bore you about my troubles at work. I just had to _____.
- 7 At the end of a long year's training and participating in competitions, she can now finally go out and _____.
- 8 Paying the final instalment on the car last week _____, I'll actually have a bit of spare cash now.

WORDBUILDING *-ing* adjectives

7 Look at the examples of *-ing* adjectives then match the *-ing* adjectives (1–7) with the effects (a–g).

- | | |
|---------------------------------------|--|
| 1 empowering ☐ | 3 devastating ☐ |
| 2 thrilling ☐ | 4 reassuring ☐ |

8 Choose the correct intensifying adverb to go with each adjective.

- The government's decision to go ahead with the building of the dam was *very* / *quite* devastating for the local community.
- I find it *utterly* / *very* puzzling that they should want to move house when they have everything they want here.
- Watching him eat the whole crab with his hands was *awkwardly* / *acutely* off-putting.

WORD FOCUS *live*

9 Look at the phrasal verb with *live* in the article (para 1). Then match the phrasal verbs with *live* (1–6) with the phrases (a–f) that they collocate with.

- | | |
|-------------------|----------------------------|
| 1 to live on | a everyone's expectations |
| 2 to live through | b the shame of coming last |
| 3 to live for | c just a few dollars a day |
| 4 to live with | d difficult times |
| 5 to live down | e the weekend |
| 6 to live up to | f my decision |

DEALING WITH AWKWARD SITUATIONS

1 **. 2 23** Complete the conversation. Then listen and check your answers.

- Y: Hedvig. Have ¹ _____?
- H: Yes, OK, let me just finish this sentence ... Yep. What can ² _____?
- Y: There's something ³ _____.
- H: OK. What is it, Yassin?
- Y: Well, ⁴ _____, I think I've opened an email with a virus or something. I'm not sure what to do.

2 **. 2 24** Complete the conversation with phrases a–g so that it means the same as the conversation in Exercise 1. Then listen and check your answers.

- Unfortunately
- Could I have a word
- I've got a confession to make
- I don't suppose
- What's on your mind
- there's a slight problem with
- That's a bit of a pain

- makes you feel very excited
- helps you to feel everything is OK
- makes you feel sad or sentimental
- makes you feel everything is ruined and hopeless
- makes you feel confused
- makes you feel you can succeed at something by yourself
- stops you wanting to do something

- Having an experienced guide in the mountains was *extremely* / *exceptionally* reassuring.
- I cried almost all the way through the film. It was *deeply* / *relatively* moving.
- It's a(n) *very* / *overly* empowering training course. I'd strongly recommend it.
- The amount of work I have to do at the moment is *totally* / *carefully* overwhelming.
- The zip-wire ride is *absolutely* / *nicely* thrilling. You reach speeds of up to 100 kph.

10 Complete the sentences with the phrasal verbs (1–6) from Exercise 9. Use the correct form.

- In the war they _____ a great deal of hardship.
- I don't think I will ever _____ the embarrassment of having to sing in front of 200 people.
- She feels a lot of pressure to _____ the achievements of her elder sister.
- She _____ her work. It's the thing that she enjoys above everything else.
- We weren't good enough and we're just going to have to _____ that fact.
- After we've paid all the bills, we have hardly anything left to _____.

H: Oh, dear. That's a ⁵ _____. Well, we'll have to alert IT straightaway.

Y: You ⁶ _____ contact them for me, could you? I feel so stupid.

H: I ⁷ _____, but I'm afraid I can't. You'll have to deal with it as they'll have questions about the email, etc. I'll put you through ...

- Y: Hedvig. ¹ _____?
- H: Yes, OK, let me just finish this sentence ... Yep. ² _____?
- Y: ³ _____.
- H: OK. What is it, Yassin?
- Y: Well, ⁴ _____ an email I've opened with a virus or something. I'm not sure what to do.
- H: Oh, dear. ⁵ _____. We'll have to alert IT.
- Y: ⁶ _____ you could contact them for me, could you? I feel so stupid.
- H: ⁷ _____, I can't. You'll have to deal with it as they'll have questions about the email, etc. I'll put you through ...