

# 9

# Health and happiness

## Reading

**1** Read the text on page 61. Circle the best description of Maslow's hierarchy of needs.

- a a theory about the basic things people need to live
- b a theory about the order that people have to do things to succeed

**3** Read the text again. Are the sentences true (T) or false (F)?

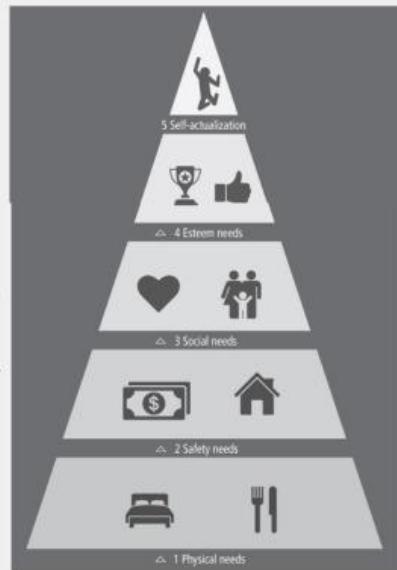
1 Abraham Maslow was a psychologist.	T   F
2 His hierarchy puts people's needs in order.	T   F
3 Maslow said you must have your basic needs met before you can progress to other needs.	T   F
4 Self-actualization is when you set new goals.	T   F
5 Some psychologists disagree with Maslow's hierarchy.	T   F

### Maslow's hierarchy of needs

Abraham Maslow was one of the most well-known psychologists of the 20th century. He believed that everyone has needs and that people's needs influence how they behave.

A hierarchy organizes things from most to least important. Maslow's hierarchy is a triangle shape. It has the most basic needs at the bottom and at the top, it has things for a happier life. When people have the basic things they need, they can progress to the next level. This continues until they get to the top level and have everything they need.

- 1 At the bottom of the triangle are physical needs. These are things everyone must have before they can think about or do other things. For example, food, water, sleep, and a place to live. These are the things we can't live without.
- 2 Higher up, but still basic needs, are safety needs. These include a safe place to live, enough money to live, and healthcare.
- 3 The middle level are social needs. According to Maslow, people have social needs such as being part of a family, making friends, or joining a club. Strong relationships make people feel loved and wanted.
- 4 "Esteem" means feeling good about yourself. People want respect for, or to feel good about, what they've achieved. Getting a promotion at work, passing a test, or doing something well are all things that can improve someone's esteem.
- 5 At the top of the hierarchy is self-actualization. This is becoming your best self. It's being the person you want to be. People who self-actualize have achieved their goals and can try new things they enjoy.



Though Maslow's hierarchy of needs is a popular theory, other psychological researchers found that needs don't always follow an order. They believe that self-actualization and social needs are important to people who don't have the basic things they need. For example, if someone doesn't have a safe place to live or enough money, they'll still want to feel loved, receive praise, and achieve their goals.

## Grammar

### Second conditionals

**1** Which sentence (a or b) means the same as the sentence in bold? Circle the correct sentence.

**1 If I wasn't so busy, I'd take a vacation.**

- a I can't take a vacation because I'm busy.
- b I'm not very busy, so I can take a vacation.

**2 If Nadia went to sleep earlier, she wouldn't be so tired.**

- a Nadia doesn't go to sleep early, so she's tired.
- b Nadia goes to sleep early, but she's still tired.

**3 If Janina saw her friends more, she would not be so unhappy.**

- a Janina sees her friends, but she still feels unhappy.
- b Janina doesn't see her friends enough, so she isn't very happy.

**4 Hari wouldn't exercise if he didn't enjoy it.**

- a Hari doesn't exercise much because he doesn't like it.
- b Hari does a lot of exercise because he likes it.

**5 If they lived in the city, they would feel more stressed.**

- a They live in the city and they feel stressed.
- b They don't live in the city, so they are less stressed.

**2** Circle the correct options to complete the sentences.

- 1 Anya and Olha *wouldn't* / *will* not be stressed if they *weren't* / *wasn't* so busy.
- 2 If you *do* / *did* ten minutes of practice a day, you'd / you'll learn really quickly.
- 3 If Ramon *is* / *were* more relaxed, he'd *be* / *being* happier.

**3** Complete the conditional sentences with the correct form of the verbs.

- 1 If Khalid \_\_\_\_\_ (not / live) in the city, he \_\_\_\_\_ (not / order) takeout every day.
- 2 If Blair's family \_\_\_\_\_ (praise) her more, she \_\_\_\_\_ (feel) better.
- 3 They \_\_\_\_\_ (have) less energy if they \_\_\_\_\_ (not / eat) breakfast.

- 4 I would *see* / *saw* my family more if I *live* / *lived* in the same town.
- 5 We'd / 'll do more sports if we *didn't have* / *not had* a TV.
- 6 Patrick *would* / *will* sleep late if he *didn't* / *doesn't work* on Saturday mornings.

4 If Lihua \_\_\_\_\_ (change) her job, she \_\_\_\_\_ (not / get) free healthcare.

5 If we \_\_\_\_\_ (buy) new bikes, we \_\_\_\_\_ (use) them every day.

6 I \_\_\_\_\_ (not / practice) every day if I \_\_\_\_\_ (not / have) a race next month.

7 If I \_\_\_\_\_ (be) you, I \_\_\_\_\_ (study) more.

## Listening

**2** Look at your notes for Exercise 1. Circle what Mika thinks people need to talk about more.

a feelings    b sadness    c happiness

**3**  9.1 Listen again and check your answer to Exercise 2.

**4**  9.1 Listen again. Circle the correct option to complete the sentences.

1 Mika says that people think that they'd be happier if they did *more* / *less*.

2 The host says that people don't always want to be *positive* / *hear advice* when they're sad

3 Mika thinks it's a good idea to *smile* / *talk about it* when you feel sad.

4 Mika says feeling sad can help people to *think* / *make changes*.

5 The host says that if someone is sad all the time, they should speak to a *friend* / *a doctor*.

## Vocabulary

### Health and illness

**1** Complete the phrases with these verbs.

feel    get    have    prevent    stay    take

1 \_\_\_\_\_ a cold / sunstroke / an accident

2 \_\_\_\_\_ sunstroke / better / sick

3 \_\_\_\_\_ a break / your medicine

4 \_\_\_\_\_ a serious accident / a high fever / an illness

5 \_\_\_\_\_ tired / sick / healthy

6 \_\_\_\_\_ healthy / in good shape / young

**2** Complete the questions or answers with a noun or adjective from Exercise 1.

1 A: What do you do to prevent \_\_\_\_\_?

B: I wear a hat and stay inside when it's very hot.

## Grammar

### *must, have to, should*

**1** Complete the sentences with the positive or negative form of the verbs.

1 You \_\_\_\_\_ miss your appointment, or they'll charge you \$40. (should)

2 You \_\_\_\_\_ wear a sun hat when it's hot. It helps to prevent sunstroke. (should)

**2** Circle the correct options to complete the conversations.

1 A: What time do you <sup>1</sup>have to / *must* be at the hospital?

B: My appointment is at 10 a.m. It says I <sup>2</sup>should / *must* arrive fifteen minutes early or they will cancel it!

A: OK. So, we <sup>3</sup>should / *must* probably leave here about 9 a.m.

B: We <sup>4</sup>don't have to / *must not* leave that early! It's only a ten-minute drive.

2 A: What's wrong?

B: I have a bad \_\_\_\_\_. I have a sore throat and a cough.

3 A: Do you feel \_\_\_\_\_?

B: Yes. I didn't sleep well last night. I'm going to bed now.

3 You \_\_\_\_\_ finish all the food on your plate. You can leave some. (have to)

4 You \_\_\_\_\_ wear a safety helmet to prevent serious accidents. (must)

5 You \_\_\_\_\_ wash your hands before you visit the hospital. (have to)

2 A: I want to get up earlier, but I'm terrible at getting out of bed. What <sup>5</sup>should / *must* I do?

B: Well, you <sup>6</sup>don't have to / *shouldn't* go to bed late. And you <sup>7</sup>must not / *don't have* to drink any coffee or tea after 4 p.m. That won't help you sleep!

3 A: Does Julia <sup>8</sup>have to / *should* wear a uniform for her new job?

B: No, she <sup>9</sup>doesn't / *must not*, but her new boss said that she <sup>10</sup>should / *shouldn't* wear casual clothes.

## Pronunciation

### Saying long and short sounds (3):

/ɔ:/ and /ɒ/

**1**  **9.2** Listen and complete the chart with these words.

always	autumn	bought	clock
dawn	holiday	stop	
/ɔ:/		/ɒ/	

## Pronunciation

### Understanding elision (2): in negative auxiliaries

**1**  **9.3** Listen and complete the sentences with the positive or negative form of an auxiliary verb.

1 I'm sorry. I \_\_\_\_\_ help you today.

2 I \_\_\_\_\_ have time.

3 I \_\_\_\_\_ be able to do it on Sunday.

4 Shona \_\_\_\_\_ be there at 5 p.m.

5 They \_\_\_\_\_ arrive soon.

# Writing

1 Complete the sentences with the words *because, as, see, feel, smell, taste, and hear*.

- 1 I love summer \_\_\_\_\_ I love waking up to \_\_\_\_\_ sunlight through the curtains.
- 2 Sadia and Samira are two of my favorite people. They make me \_\_\_\_\_ so loved.
- 3 I always feel grateful for the \_\_\_\_\_ of fresh flowers. It fills me with joy.
- 4 I'm so glad that I live near a park \_\_\_\_\_ I love to \_\_\_\_\_ birds singing.
- 5 One of my favorite things is the \_\_\_\_\_ of fresh bread with jam. Delicious!
- 6 I'm grateful for my family \_\_\_\_\_ they give me love and support.