

44 Listen to Part 2 of the podcast and decide if statements 1–8 are true or false.

- 1 People only suffer from SAD in the autumn and spring time.
- 2 The speaker doesn't believe that the condition really exists.
- 3 Scientists are not completely sure about the exact cause for SAD.
- 4 In the dark winter months, the balance of hormones in our bodies changes.
- 5 Most people who suffer from SAD live in the UK.
- 6 Changing your daily routine can help you to feel better.
- 7 You should exercise outdoors even when the weather is cold.
- 8 Vitamin D can only be found in certain foods.

Vocabulary extension

Match the words from the box with the definitions.

depression disorder ~~hormone~~ mood swings
suffer from

- 1 A chemical produced by the body that affects our mood. *hormone*
- 2 To feel physical or psychological pain. _____
- 3 A feeling of being unhappy. _____
- 4 An illness or medical condition. _____
- 5 Sudden changes in emotion, e.g. from happiness to sadness. _____

45 Complete the extracts from the podcast in Exercise 2 with the words from Exercise 3. Listen and check.

- 1 Some people have a feeling of tiredness, a lack of energy, and sudden *mood swings*.
- 2 You may be suffering from Seasonal Affective _____.
- 3 Studies have shown that when there's less sunlight, our bodies produce more of a _____ called 'melatonin'.
- 4 SAD often improves and disappears in the spring and summer, which is why it's also known as 'winter _____'.
- 5 Experts estimate that between three and twenty percent of people in the UK _____ SAD.

LIVE WORKSHEETS