Unit 5

Mental Health

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**Before reading**

**Look at the pictures and answer the following questions:**

1. Does our mental health relate to our wellbeing?

2. Do you know any methods to handle stress?



**Stress Management**

Stress may be considered as any physical, chemical, or emotional factor that *causes* bodily or mental *unrest* and that may be  
a factor in disease *causation*. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and *tension* are numerous and varied. While many people associate the term «stress» with psychological stress, scientists and physicians use this term to *denote* any *force* that *impairs* the stability and balance of bodily functions.

If stress *disrupts* body balance and function, then is all stress bad? Not necessarily. A *mild* degree of stress and tension can sometimes be beneficial. For example, feeling mildly stressed when *carrying* *out* a project or *assignment* often *compels* us to do a good job, focus better, and work energetically.

*Likewise*, exercising can produce a *temporary* stress on some body functions, but its health benefits are *indisputable*. It is only when stress is overwhelming, or poorly managed, that its negative effects appear.

An important goal for those under stress is the management of life stresses. *Elimination* of stress is unrealistic, since stress is a part of normal life. It’s impossible to completely eliminate stress, and it would not be advisable to do so. *Instead*, we can learn to manage stress so that we have control over our stress and its effects on our physical and mental health.

Stress is related to both *external* and *internal* factors. External factors include your physical *environment*, your job, relationships with others, your home, and all the situations, challenges, difficulties, and *expectations* you’re *confronted* with on a daily basis. Internal factors *determine* your body’s ability to *respond* to, and *deal with*, the external stress-inducing factors. Internal factors which *influence* your ability to *handle* stress include your nutritional status, *overall* health and fitness levels, emotional well-being, and the amount of sleep and *rest* you get.

Managing stress, therefore, can *involve* making changes in the external factors which confront you or with internal factors which strengthen your ability to deal with what comes your way.

**Topical Vocabulary**

|  |  |
| --- | --- |
| **cause** **[kɔːz]** *v* | вызывать |
| **unrest [ˈʌnˈrest]** *n* | расстройство |
| **causation [kɔːˈzeɪʃn]** *n* | этиология |
| **tension** **[tenʃn]** *n* | напряжение |
| **denote** **[dɪˈnəʊt]** *v* | обозначать |
| **force** **[fɔːs]** *n* | сила |
| **impair [ɪmˈpɛə]** *v* | ослаблять |
| **disrupt** **[dɪsˈrʌpt]** *v* | подрывать |
| **mild** **[maɪld]** *adj* | умеренный |
| **carry out** **[ˈkærɪ aʊt]** *v* | выполнять |
| **assignment [əˈsaɪnmənt]** *n* | задание |
| **compel [kəmˈpel]** *v* | заставлять |
| **likewise [ˈlaɪkwaɪz]** *adv* | подобным образом |
| **temporary [ˈtempərərɪ]** *adj* | временный |
| **indisputable [ˈɪndɪsˈpjuːtəbl]** *adj* | бесспорный |
| **elimination [ɪlɪmɪˈneɪʃn]** *n* | устранение |
| **instead [ɪnˈsted]** *adv* | вместо |
| **external [eksˈtɜːnl]** *adj* | внешний |
| **internal [ɪnˈtɜːnl]** *adj* | внутренний |
| **environment** **[ɪnˈvaɪərənmənt]** *n* | окружение |
| **expectation [ekspekˈteɪʃn]** *n* | ожидание |
| **confront [kənˈfrʌnt]** *v* | сталкиваться |
| **determine [dɪˈtɜːmɪn]** *v* | определять |
| **respond [rɪsˈpɔnd]** *v* | реагировать |
| **deal [diːl]** *v* | справляться |
| **influence [ˈɪnflʊəns]** *n* | влияние |
| **handle [hændl]** *v* | управлять |
| **overall [ˈəʊvərɔːl]** *adj* | общий |
| **rest [rest]** *n* | отдых |
| **involve** **[ɪnˈvɔlv]** *v* | заключать в себе |

**EXERCISES**

***Exercise 1.* Practice the pronunciation of the following words:**

chemical [ˈkemɪkəl], psychological [saɪkəˈlɔʤɪkəl], scientist [ˈsaɪəntɪst], physician [fɪˈzɪʃn], tension [tenʃn], trauma [ˈtrɔːmə], injuries [ˈɪnʤərɪz].

***Exercise 2.* Find the correct pronunciation of these words  
in the dictionary, read and translate them into Russian:**

overwhelming, advisable, strengthen, eliminate, varied, beneficial, appear, challenge, bothering.

***Exercise 3.* Match the words with the opposite meaning:**

a)emotional, mildly, questionable, temporary, strengthen, unrest.

b) permanent, lessen, happiness, apathetic, harshly, indisputable.

***Exercise 4.* Match the words with the similar meaning:**

a) trauma, nutritional,handle,likewise, rest, environment.

b) recreation, surroundings, hurt, nourishing, cope, also.

***Exercise 5.* Read and translate the text «Stress Management» consulting the topical vocabulary. Find in the text** **the information about:**

a) factors that can cause stress;

b) benefits of a mild degree of stress;

c) the definition of stress.

***Exercise 6.* Complete the sentences with the phrases from   
the text.**

1. Stress may be considered as …

2. Scientists and physicians use the term «stress» to …

3. Feeling mildly stressed often compels us to ….

4. Exercising can produce …

5. Stress is related to …

6. External factors include …

7. Internal factors determine …

***Exercise 7.* Fill in the gaps with the words from the box.**

|  |
| --- |
| expectation, to handle, causation, assignment, elimination,  external, to influence, to determine, indisputable, to confront,  unrest, to carry out, rest, to deal with, environment, to involve, to respond, temporary, internal, to cause, overall, to compel |

1. Managing stress can … making changes in the external factors.

2. Stress may be considered as any physical, chemical,   
or emotional factor that … bodily or mental … .

3. Stress is related to both … and … factors.

4. Feeling mildly stressed when … a project or … often …   
us to do a good job, focus better, and work energetically.

5. Internal factors which … your ability to … stress include your nutritional status, … health and fitness levels, emotional well-being, and the amount of sleep and … you get.

6. Exercising can produce a … stress on some body functions, but its health benefits are … .

7. … of stress is unrealistic, since stress is a part of normal life.

8. External factors include your physical …, your job, relationships with others, your home, and all the situations, challenges, difficulties, and … you … with on a daily basis.

9. Stress may be a factor in disease … .

10. Internal factors … your body’s ability to … to, and …,   
the external stress-inducing factors.

***Exercise 8.* Read the text «Stress Management» and   
answer the following questions.**

1. What is definition of stress?

2. What physical and chemical factors can cause stress?

3. Is all stress bad for our health?

4. Is it necessary to eliminate stress from our life?

5. What external factors can influence people’s mental health?

6. What are internal factors which influence our ability to handle stress?

7. What managing stress involves?

***Exercise 9.* Read the following recommendations and divide them into two categories – things you should or shouldn’t do to handle stress. Which of them do you follow and find especially useful?**

|  |  |
| --- | --- |
| ***YOU SHOULD*** | ***YOU SHOULDN’T*** |

1) … stay in bed;

2) … seek out someone to talk;

3) … listen to music;

4) … go out and take a walk;

5) … make a schedule to manage your time;

6) … take good care of yourself;

7) … write about the things that are bothering you;

8) … make regular exercise;

9) … let your feelings out;

10) … do something positive for someone else.

***Exercise 10.* It seems to you that your friend is lack   
of time. He doesn’t like his study; he is always tired and nervous. In 120-150 words suggest some recommendations for your friend how to avoid stress and how to gather good emotions and energy.**

***Exercise 11.* In groups make a list of factors that** **can cause stress and prove that mental health is very important  
to many people. Compare your list with other groups.**

***Exercise 12.* Comment on the sayings.**

1. People who laugh actually live longer than those who don’t laugh.

2. Diseases of the soul are more dangerous and more numerous than those of the body.

3. A good laugh and a long sleep are the best cures in the doctor's book.

4. To wish to be well is a part of becoming well.

*Recall examples from life or literature to prove the sayings.*