**Дрогобицький державний педагогічний університет імені Івана Франка**

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**ПРАКТИЧНИЙ КУРС АНГЛІЙСЬКОЇ МОВИ: «ЗДОРОВИЙ СПОСІБ ЖИТТЯ»**

**Навчальний посібник для самостійної роботи студентів першого (бакалаврського) рівня вищої освіти спеціальності 014 Середня освіта (Українська мова і література)**

**Дрогобич**

**2022**

**УДК 811.111(076)**

**C13**

Рекомендовано до друку вченою радою

Дрогобицького державного педагогічного університету

імені Івана Франка (протокол № від 2022 р.)

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**П 77** **Практичний курс англійської мови:** «Здоровий спосіб життя»: навчальний посібник для самостійної роботи студентів першого (бакалаврського) рівня вищої освіти спеціальності 014 Середня освіта (Українська мова і література). Дрогобич: Редакційно-видавничий відділ Дрогобицького державного педагогічного університету імені Івана Франка, 2022. 46 с.

Навчальний посібник укладено відповідно до програми навчальної дисципліни «Практичний курс англійської мови» для підготовки фахівців першого (бакалаврського) рівня вищої освіти галузі знань 01 Освіта / Педагогіка, спеціальності 014 Середня освіта (Українська мова і література), освітньої програми Середня освіта (Українська мова і література, мова і література (англійська)), затвердженої вченою радою Дрогобицького педагогічного університету імені Івана Франка. Посібник складається з 4 розділів, які містять тексти пізнавального характеру рівня B1-B2-С1, присвячені актуальній темі здорового способу життя. До кожного з розділів розроблено серію післятекстових вправ та завдання для формування усномовленнєвої комунікативної компетенції. У них також запропоновано додаткові тексти для читання з розробленими тестами формату ЗНО та ЄВІ, які охоплюють тематику кожної частини посібника. Матеріал посібника можна застосовувати як для аудиторної, так і для самостійної роботи, зокрема в заочному та дистанційному навчанні.

Бібліографія 3 назви.

Редакційно-видавничий відділ

дрогобицького державного педагогічного

університету імені Івана Франка, 2022

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**PREFACE / ПЕРЕДМОВА**

Навчальний посібник «Практичний курс англійської мови: «Здоровий спосіб життя» призначено для студентів для підготовки фахівців першого (бакалаврського) рівня вищої освіти галузі знань 01 Освіта / Педагогіка, спеціальності 014 Середня освіта (Українська мова і література), освітньої програми Середня освіта (Українська мова і література, мова і література (англійська)), затвердженої вченою радою Дрогобицького педагогічного університету імені Івана Франка.

Метою посібника є формування лінгвістичної, комунікативної, соціокультурної та загальнонавчальної компетентностей із теми “Здоровий спосіб життя”. Посібник складається з 4 частин (‘Здоровий спосіб життя та його складові”, “Здорове харчування”, “Фізична активність”, “Стрес та шляхи його подолання”), сформованих за тематичним принципом, у яких висвітлюються основні складники та принципи здорового способу життя.

У кожному розділі подано тексти пізнавального характеру рівня B1-B2-С1, присвячені актуальній темі здорового способу життя. До кожного базового тексту розроблено низку лексичних вправ та вправ на перевірку розуміння прочитаного, а також завдання проблемно-пошукового типу для формування усномовленнєвої комунікативної компетенції. Окрім цього, запропоновано додаткові тексти для читання з розробленими тестами формату ЗНО та ЄВІ, які охоплюють тематику кожної частини посібника. Вкінці посібника сформовано вокабуляр до кожної підтеми.

Матеріал посібника рекомендується для використання учителями ліцеїв та гімназій, викладачами закладів вищої освіти, а також для тих, хто самотужки вдосконалює володіння англійською мовою і кому близька тема здорового способу життя.

**PART I. HEALTHY LIFESTYLE AND ITS CONSTITUENTS.**

**GENERAL SURVEY**

The World Health Organization determines health as a condition of complete physical, social an mental wellbeing. It also is the steps one takes to attain the level of optimum health. A healthy way of life is an essential tool for decreasing the occurrence and impact of health issues, recovery, overcoming stressful events and boosting the standards of life. There is an increasing number of scientific research that shows that healthy daily habits play an immense role in staying fit and healthy. Such factors as healthy eating, proper physical activity, emotional balance, staying away from bad habits influence our wellbeing not only in respect of life expectancy, but also the quality of life, i.e. how much we are able to live without falling ill with chronic disorders.

Keeping good health requires time and much effort. It comprises work, adequate lifestyle choices and regular medical examination. There are a lot of components of healthy lifestyle, but the key elements are: balanced nutrition, being physically active and emotional health. Let’s dwell on each of them and some additional ones.

A wholesome nutrition presupposes the consumption of whole grains, fresh fruits and vegetables, fiber, good unsaturated fats, protein and complex carbohydrates. These nutritional components reduce inflammation, which harms organs, joints, arteries and tissue. Cutting down on processed foods also relates to healthy diet. Sweets, food products made from refined grains, and sugar-sweetened drinks can raise sugar in blood that causes food cravings. High sugar in blood is associated with the onset of obesity, diabetes, heart problems, stroke and even dementia.

The Mediterranean diet is one of the healthiest diets in the world. A lot of researches reveal that it shows efficacy at preventing stroke, heart attack, and early death. This type of diet includes olive oil, fruits, vegetables, fish, nuts and a moderate amount of wine and cheese.

Physical fitness is essential to keep you in good health too. It can decrease the risk of such diseases as stroke, heart attack, type 2 diabetes, cancer and depression. Staying physically active and doing some sport has the ability to improve sleep quality, resilience and endurance. Go for 100-150 minutes of moderate-intensity training on a weekly basis, for example brisk walking. Strength exercises, which are crucial for bone health, muscle strength, controlling sugar levels, should be practised 2-3 times per week.

Relieving stress is another important way that will help you stay healthy, considering the link between stress and various illnesses. There are numerous ways to overcome anxiety, depression and panic attacks. You can try yoga, meditation, breathing exercises, mindfulness, spending much time outdoors, preferably in the nature, and taking a holiday or days off from work or studies.

Drinking a lot of water, spending much time in fresh air and getting enough sunlight are equally important for our wellness. Water makes up 60 % of our body. We should keep it hydrated in order to make our organs function properly. Vitamin D is formed in our bodies mostly through sunlight. Fresh air impacts the oxygen level increasing saturation of blood.

Sleeping well and enough and keeping personal hygiene play a huge role for your wellbeing as well. After a good night’s sleep a person feels refreshed and full of energy, and keeping your body clean lowers your risk of health problems associated with bacteria and viruses. Moreover, it boosts your self-confidence and self-esteem.

The last but not least, connecting with your doctor is of no less great importance. In case some health issue arises, consult your family doctor. He knows your medical condition best. He will also recommend necessary tests to check for possible disorders.

POST-READING ACTIVITIES

***1. Find in the text the equivalents for the following words and phrases:***

Підтримувати добре здоров’я, правильне харчування, споживання, бути необхідним, ненасичені жири, рафіновані зерна, завдавати шкоди, зменшити споживання, запалення, напівфабрикати, бути пов’язаним із, розвиток ожиріння, перешкоджати появі, помірна кількість, зменшити стрес, функціонувати належним чином, стійкість, потяг до їжі, усвідомленість, покращити сон, силові тренування, діабет 2-типу, залишатися фізично активним, швидка ходьба, дихальні вправи, справитися з тривогою, підтримувати водний баланс, кисневе насичення крові, впливати, сконтактуватися з лікарем.

***2. Match the words to form collocations:***

1. regular a) endurance

2. to prevent b) medical examination

3. to keep c) stroke and heart attack

4. to show d) sugar levels

5. to control e) hydrated

6. to improve f) efficacy

***3. Provide synonyms to the following words from the text:***

To include, to increase, to lower, to limit, an intake, good health, to go on vacation, different, nutrition, an illness, to go in for sport, to be essential, quick, a problem, to check, to choose, to be connected with.

***4. Complete the sentences:***

1. Maintaining strong health depends on …

2. A healthy diet is made up of such key components as …

3. Inflammation in the body can damage …

4. There is a link between high blood sugar and …

5. The Mediterranean diet is aimed at …

6. One more way to stay healthy is …

7. Physical activity lowers the risk of …

8. We can cope with stress by ….

9. Drinking water is essential to …

10. In case you do get ill, you should first ….

***5. Discuss the questions on the text:***

1. Is maintaining good health an easy matter? Why? Prove your answer.

2. What are the main ways of keeping healthy? Enumerate them.

3. What does healthy eating mean? What nutrients does it include?

4. Which foods should we exclude or at least restrict in our diet? What is the reason for that?

5. What is the Mediterranean diet based on? Why is it considered the most beneficial one?

6. What human abilities can sport improve?

7. What kinds of physical activities are necessary to practise and how often? Do you agree with that? Do you personally do these workouts?

8. What ways to alleviate stress and anxiety do you know? Which of them are efficient for you?

9. Why do water, sunlight and fresh air also contribute to good health and wellness?

10. Should we self-medicate or go to the doctor in case we fall ill?

***6. Research work and speech practice***

1. What are other components of healthy lifestyle? Search the Internet for the scientific article which highlights one of them. Find its significance for general well-being and the way this lifestyle habit should be incorporated into our daily life.

2. Browse the Internet and find the information on the importance of vitamin D for our health. What is the role of this vitamin? Why is vitamin D deficiency so widespread? How is it formed in our bodies? Should it be taken additionally in supplements? What are the safe doses of vitamin D?

3. Role-play the dialogue. Your friend has put on a lot of weight recently and feels exhausted and sluggish most of the time. He or she developed some health problems too and you want to help him to return to normal life. Ask him what bothers him and what kind of life he leads and then share with him your healthy daily habits which you practice and that will change his life for good as well.

**LIFE-CHANGING DECISION**

**Read the following text and choose the correct variant which best fits the sentence:**

Ann wasn’t the smartest kid in class. The other kids used to (1) \_\_\_\_\_\_\_ of her, saying: “You’ll never do anything important in your life”. It really (2)\_\_\_\_\_\_\_ her because she had a lot of dreams and she wanted to make a better future for herself and those around her. Even her teachers didn’t believe in her. But every time somebody doubted her knowledge, she would push harder, because she believed anyone could achieve their goals if they worked hard enough for it.

It all started 5 years ago when she got a job at a fast-growing digital marketing agency. She set her alarm for 5 a.m. every morning, slept only 5 hours and worked 7 days a week. No matter how long my days were, her priority was to show everyone that she was able to (3)\_\_\_\_\_\_\_\_ in this job. And for a while it worked out. It took her only 2 years to get to a manager’s position and she set a new goal to become their youngest executive. One day she woke up as usual, reviewing her projects and making her (4)\_\_\_\_\_\_\_\_\_for the entire day. But then suddenly Ann felt a sharp pain in her stomach. She ignored it because she had to hurry up for the important evening. But then this pain repeated in an office. She assumed it was because she had been (5)\_\_\_\_\_\_\_\_\_for the past few days. She grabbed another coffee, thinking that it would help. But it didn’t. She started feeling light-headed and then she (6)\_\_\_\_\_\_\_\_.

When she opened her eyes she found herself in hospital. The doctor started asking her questions. She examined and palpated her (7)\_\_\_\_\_\_\_\_\_ and said they had to run some blood tests. It might be something serious. Ann got scared and broke into tears. But the doctor calmed her down and asked her questions about her daily routine. And at that moment everything cleared out: a (8)\_\_\_\_\_\_\_\_\_\_job, no rest, junk food, drinking much coffee. Ann explained to the doctor that she was bad at school and wanted to work hard to inspire others and she couldn’t give up. Her reply changed the girl’s life: “Not only does the stress from work expose you to different diseases even like cancer, but by not sleeping enough or giving yourself any rest, eating (9)\_\_\_\_\_\_\_\_\_food, breathing polluted air you weaken your immune system. Imagine that your body is a wonderful machine that can do hard work and even repair itself. But if you don’t give this machine 100 % time to repair itself, eventually it will break down. Your body needs time to repair itself so it can work effectively too. That’s why looking (10)\_\_\_\_\_\_\_ yourself, exercising and eating healthy doesn’t take time away from achieving your goals. It’s an investment to make your body stronger so you can reach your goals even faster”.

 Luckily, the results of the blood test turned out to be negative. She passed out because she exhausted herself not because of possible cancer. That day Ann made a promise to herself and to the doctor that she would change her life for better and be successful by keeping a healthy lifestyle.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | a) make a joke | b) ridicule | c) make fun | d) cheat |
| 2 | a) pain | b) ache | c) struck | d) pain |
| 3 | a) attain | b) accomplish | c) reach | d) succeed |
| 4 | a) task list | b) chore list | c) shopping list | d) exercise routine |
| 5 | a) omitting | b) skipping | c) passing | d) leaving |
| 6 | a)lost conscious | b) switched off | c) fell asleep | d) fainted |
| 7 | a) heart | b) abdomen | c) throat | d) abdomen |
| 8 | a) refreshing | b) restful | c) strenuous | d) alarming |
| 9 | a) lean | b) fatty | c) spicy | d) processed |
| 10 | a) up | b) at | c) after | d) in |

**THE IMPORTANCE OF PROPER SLEEP**

***Read the following text. Match the headings with the paragraphs. There are two extra choices:***

Getting proper rest is extremely important for our wellbeing. One night of poor sleep can easily affect energy levels and mood. Sleep deprivation or insufficient amount of sleep can have serious effects on overall health over the long-term. And on the contrary, getting more sleep has a ton of health benefits, including helping you to feel happier, look younger and also helps you to lose weight. The recommended average amount of sleep for an adult is between 7-9 hours per night. If you don’t get these hours of night rest, your productivity might suffer. That’s why developing a healthy sleep hygiene is necessary to stay healthy both physically and mentally. These tips will help you to fall asleep easier and the best night sleep ever.

1) One of the biggest culprits of sleep problems is staying up on your smartphone or other devices. These gadgets emit blue light which prohibits the production of melatonin, which is a sleep hormone. Here the advice is to turn them off a couple of hours before going to bed. If you can’t break this habit at least dim the light on your screen or switch on the function on your device “Night mode” to reduce the amount of light in the eyes.

 2) Making your bedroom a sleep sanctuary can make all the difference when it comes to good night sleep. Try to keep your space free of any clutter and mess and surround yourself with the things that can improve your sleep, e.g. salt and crystal lamps create a very restful atmosphere and help to relax.

 3) Studies have shown that optimal temperature for sleep is from 15-19 degrees Celsius. When you sleep your body’s internal temperature drops to its lowest level, thus a cooler bedroom can help you fall asleep faster since it mimicks your body’s natural temperature drop.

 4) Next step is drinking a calming cup of herbal tea is a wonderful way to unwind before going to bed. Look for the tea that contains sleep-promoting herbs like valerian root, passion flower, chamomile, lavender, lemon balm and others. The same properties are characteristic of essential oils. Scent can have a profound effect on our sleep. High-quality essential oils are incredibly useful in terms of sound sleep.

 5) Sleeping in a dark and quiet room is also important for a good night’s sleep and wearing a sleep mask might make all the difference. Darkness triggers your body to produce melatonin, so face mask will make you sleep faster. If you deal with some annoying sounds, you wear some earplugs. But it’s not recommended to wear them every night, but only as a last resort.

6) Exercising during the day will help to tire you out and it helps reduce stress by releasing endorphins. Even just walking around outside a bit and enjoying the fresh air can do a trick. However, it’s better to avoid vigorous activities right before bed which can give you a boost of unnecessary energy which can hinder your sleep.

The other useful tips to promote healthy sleep are: following a sleep schedule; avoiding napping during the day for more than 30 minutes; going to sleepin a bad mood.

**a) Make it cooler**

**b) Stay active during the day**

**c) Create a calming environment**

**d) Disconnect from electronics**

**e) Use sounds for sleep**

**f) Get comfy and cosy**

**g) Eliminate light and noise**

**h) Don’t neglect using natural remedies**

**PART II. HEALTHY EATING**

One of the main constituents of healthy way of life is good eating habits. A  wholesome, well-balanced nutrition suggests consuming food from different food groups to obtain the energy and nutrients which your organism needs. No food can provide a human body with all the nutritious substances. Food diversity is crucially important in proper nutrition, thus make sure you consume a wide variety of foods.

Keeping to a healthy diet can make you feel best. It has the potential to prevent chronic diseases. More than that, if you have some health disorder, working on your eating habits might alleviate your symptoms.

There are 5 must-have components of a balanced diet: protein, carbohydrates, fats, fiber, vitamins, minerals and water. Without any of them, our body is prone to disease, but still the most important nutrient is water. It prevents dehydration, maintains our body temperature, flushes out waste and toxins. No human can survive without water for more than 7 days.

 Vitamins and minerals are so-called micro-nutrients that our bodies need in small quantities for daily functioning. The essential vitamins are: A, C, D, E, K and a large group of B vitamins. The minerals include: iron, iodine, magnesium, phosphorus, potassium, sodium, zinc and others. Different food groups contain different micro-nutrients. The happy news is that common foods contain multiple vitamins and minerals, but still fruits and veggies are the richest sources of these organic substances for our body. So strive to eat at least five portions of vegetables and fruit on a daily basis. Not only do they contain essential vitamins and minerals, but they are also rich in fibre. Dietary fibre helps to keep our digestive system healthy and increase our satiety.

 Carbohydrates are an important source of energy. They are found in grains, fruits, veggies, milk products and generally in starchy foods. But not all starchy foods are equally healthy. Corn, white bread, cookies and cakes are not healthy options due to the presence of simple or refined carbohydrates in them which poses health risks especially for people with diabetes. Instead, swap those with delicious and healthy alternatives such as wholegrains, beans, legumes, dark rice, sweet potatoes. It is extremely alarming that majority of us consume too much sugar. Some foods, such as fresh fruit, contain some natural sugar, so at least swap for them. But still you need to be careful, as the level of sugar might still very high. Cutting down on chocolate, sweets and fizzy drinks will do you only good.

Proteins are building blocks in your body which must be eaten every day. So they are a vital part of a healthy nutrition. Meat, fish, beans, eggs and nuts relate to non-dairy sources. Proteins are able to grow and repair tissues, cells and musсles in your body, as well as to provide energy and endurance. There are two sources of protein – a plant and an animal one. If you are not a vegetarian, go for fatty fish like mackerel, herring or salmon or lean meat such as chicken, turkey, beef or veal. Other good sources of protein are nuts, seeds, plant-based milk and yoghurt.

As to meat, it’s advisable to restrict the intake of red, processed meat (such as sausages and burgers) because these foods often contain lots of carcerogenic trans fat and salt, which can lead to some forms of cancer and heart disease. Cut off any extra skin or fat. Grill or roast meat and fish rather than fry it.

 Fats are as essential to our body as protein and carbohydrates. They fuel us with energy. But they play other role such as transporting vitamins around your body. Two types of fat are present in our food: saturated and unsaturated ones. Saturated fat can increase bad cholesterol in blood. It can be found not only in fatty or processed meat, but also in butter, cheese, cream, cakes, pastries. So it is a much better idea to incorporate foods which are rich in healthy unsaturated fats such as: fish, nuts, vegetable oil, peanut butter, avocado, seeds, tofu. They appear to lower your risk of heart problems by decreasing bad cholesterol in your blood. Peas, beans and lentils are a great meat substitute as they are low in fat while being high in protein, vitamins, minerals and fibre.

POST-READING ACTIVITIES

***1. Find in the text the equivalents for the following words and phrases:***

Харчові звички, споживати, збалансоване та правильне харчування, поживні речовини, корисний, різноманітний раціон, обов’язковий складник, білки, вуглеводи, жири, клітковина, дотримуватися здорового харчування, численні вітаміни і мінерали, джерело органічних речовин, крохмалиста їжа, представляти ризик для здоров’я, здорова альтернатива, замінити чимось, переносити вітаміни по всьому організму, відновлювати тканини, клітини та м’язи, обирати, жирна риба, забезпечувати енергією та витривалістю, бути багатим на, оброблене м’ясо, цільнозернові продукти, канцерогенні транс-жири, ненасичені жири, молоко на рослинній основі, випічка, газовані напої, чудовий замінник, містити мало чогось.

***2. Match the verbs with their particles or prepositions and translate them into Ukrainian***:

1) to go a) to

2) to cut down b) with

3) to lead c) in

4) to be found e) off

5) to swap… f) for

6) to cut g) on

***3. Match the words related to the topic with their definitions:***

1) nutrition

2) toxin

3) vital

4) carcerogenic

5) cholesterol

a) a fat-like substance found in body

b) cancer-causing

c) extremely important or necessary

d) a poisonous substance, produced by bacteria in our body

e) the process by which living being get the food in order to grow and stay healthy

***4. Fill in the blanks with the appropriate words or phrases from the box, if necessary – in the correct form:***

|  |
| --- |
| **To swap protein to be high in to prevent starch** **to contain to reduce intake building blocks carcerogenic** |
|  |

1. Eggs are a great source of …., so they are an excellent choice for breakfast.

2. You shouldn’t put into your mouth microwaved popcorn any more! It’s ….

3. Bananas contain resistant … that doesn’t leave you bloated.

4. …chips with veggies and dips. It’s much healthier.

5. Apricots and carrots … vitamin A which is beneficial for eye health.

6. Cucumbers…98 % of water which makes them an ideal choice for detoxification.

7. Many researches show that protein helps to …appetite and hunger.

8. Cutting down on meat can … many diseases, particularly high-blood pressure.

9. Proteins are …. which provide energy when needed.

10. Proper water … is crucial to your overall health.

***5. Draw the table and fill it with the necessary information from the text:***

|  |  |  |
| --- | --- | --- |
|  | **HEALTH BENEFITS** |  **FOOD GROUPS CONTAINING THESE NUTRIENTS** |
| PROTEIN |  |  |
| CARBOHYDRATES |
| FATS |
| VITAMINS AND MINERALS |
| FIBER |
| ***6. Mark the following eating habits as healthy or unhealthy ones. If it is bad, suggest its good alternative.*** For instance, *eating meals with dirty hands – washing hands before and after a meal.*1. Having packed breakfast.2. Having a lot of soft drink during throughout the day3. Controlling a portion size4. Eating fruits as snacks5. Having junk food6. Having meals in front of the gadgets7. Walking after dinner8. Having meals before bed-time9. Drinking green tea instead of coffee10. Eating 2 times a day. |

***7. Discussion.***

1. What does a balanced diet stand for? Explain it.

2. Why is it important to eat a wide variety of fruits and vegetables?

3. What are the benefits of following a healthy diet? Can we get rid of our disease with its help?

4. Give the definition to the terms protein, fats and carbohydrates.

5. Why should we be aware of potential health danger of some starchy food? What healthy food alternatives is it worth to be replaced with?

6. Why is meat not always a wholesome option? Is there any other protein substitute of it? What is the best way to cook meat and fish?

7. What is the difference between saturated and unsaturated fats? Are they equally good?

8. Which vitamins and minerals do you know? Should we take multivitamins in supplements?

9. What is the reason for cutting down on sugar and pastry and swapping them for fruits and vegetables?

10. Why is water the most important nutrient? Does any kind of water count?

***8. Research work and roleplay***

1. Make up and dramatize the dialogue discussing the importance of eating right food for breakfast. Share your recipes of healthy and nutritious breakfast dishes.

2. Nutritional deficiencies are not a minor problem. People face it especially in spring. How can we replenish our body with all necessary vitamins and minerals through food? Dwell on vitamins and minerals, their properties and their natural sources.

3. Search online the dietary pyramid. What types of food does it represent? What is the proportion of food we should eat daily for good health? Does your personal nutrition reflect the recommendations in this pyramid?

4. Study the most popular diets, e.g. the ketogenic diet, the paleo diet, the Mediterranean diet, veganism or intermittent fasting. Choose 3 of them. Provide their main characteristics and goals. Name their pros and cons.

ADDITIONAL TEXTS FOR READING COMPREHENSION

**WHOLESOME FOODS**

 ***Read the following text. Match choices (a-g) to (1-5). There are two extra choices.***

1. Garlic is both delicious and a healthful herb to add to your diet on a daily basis. You need to eat at least one clove of garlic each day to see it health benefits. Garlic can improve your immune system and prevent infection from bacteria, fungi and viruses. It’s also known to prevent cancer and reduce inflammation all over the body. Eat it raw to get the best results or add it to your dishes.

2. Green tea has become very popular in the last ten years, and there is a good reason for it. Drinking a cup of tea each day can reduce your risk of cancer and heart disease. Green tea may also help you lose weight, prevent dementia, and lower your risk of diabetes. It’s full of antioxidants that lessen the effects of toxins in the environment as well as aging. Make sure to brew your green tea with boiling water to release the antioxidants. Avoid adding milk or lemon to it.

3. Cinnamon is a tasty spice that also has health benefits. It’s considered a superfood that reduces inflammation, controls blood sugar and kills harmful bacteria. Incorporating it into your diet, you will soon find it helps to enjoy better digestion. Add cinnamon to your porridge or sprinkle it on your pastry before baking it.

4. Bananas are inexpensive, common and easy to enjoy. Plus they provide a number of amazing health benefits when eaten regularly. They are high in potassium, create a quick energy and are easy on your digestive system. They can also satisfy your sweet craving without increasing your calories by much. They’re full of fiber, vitamin B and a good source of vitamin C. Use a banana to give your morning smoothie texture and creaminess or mash it and add it to your oatmeal. Or just carry it with you when running errands!

5. If you are interested in maintaining a healthy weight and preventing heart disease, eating a handful of nuts can help you to reach this goal. Besides, they are a good source of protein, omega-3 fatty acids and magnesium. They can replace meat in your diet and keep you satire for a long period of time. Research has shown that adding ¼ cup of nuts each day can make your serotonin levels increase which acts as a natural antidepressant. You can eat nuts alone or add them to yoghurt, cereal, salads or other dishes. Choose healthy nuts such as almonds, walnuts or cashews. But remember they are high in calories, so stick to a small portion size.

**Which food**

a) makes you look younger

b) increases your level of hemoglobin

c) raises your mood and makes you happier

d) is very portable and can be eaten on the go

e) relates to weight loss and prevents sugar spikes

f) has the best benefits for your body when consumes uncooked

g) strengthens your bones and is a good source of calcium.

 **JUICES THAT DETOXIFY YOUR BODY**

**Read the following text and do the suggested task after it:**

Detoxification is vital for your wellness. One of the best ways to detox is to do a healthy juice cleanse. Drinking juice will not only flush out the toxins, it will also boost your energy and clear the mind.

1. Ginger juice. This juice is packed with inflammation fighting ingredients. Being ginger heavy, it also contains antioxidants that help reduce free radical damage

in your body. Take 2 stalks of celery, ½ cucumber, ½ cm ginger, ½ cup parsley, ½ lemon, 1 green apple and 2 cups of spinach. Place all the ingredients in the juicer.

2. Spinach and mint juice. With 27 calories per glass this juice can help you to lose weight. It contains a high dose of vitamin C which helps you to increase resistance against various diseases like cold, cough and even cancer. It’s also a great drink for diabetics. Combine 4 cups of roughly chopped spinach, ½ cup of finely chopped mint leaves along with 1 cup of water in a juicer. Strain this juice and serve immediately.

3. Green apple juice. It is full of vitamins A, B, C, E and K, manganese, iron, potassium and other minerals. Adding it to your diet and drinking moderately will not only help to cleanse your body but also boost your immune system and maintain a healthy skin. Take 3 large green apples, ½ cucumber and 10 gm of kale. Now juice all the juice all the ingredients. Finally squeeze some lemon juice into the mixture.

4. Ultimate green juice. You can drink this juice daily. The basis for it is celery which is nutritional powerhouse. It is loaded with potassium, folic acid, magnesium, calcium, iron, phosphorus and essential amino acids. To the celery you can add kale, green apple, parsley, lime, lemon and ginger creating an extremely detoxifying cocktail. Mix 1 bunch of celery, 4-5 kale leaves, 1 green apple, one big handful of parsley leaves, 1 lime, 1 lemon and 1 inch of fresh ginger.

5. Beetroot juice. It is said to be particularly good for supporting your lymphatic system and helps combat inflammation. It combines raw beetroot with carrots, apples and ginger to create the drink that looks and tastes fine. Mix 1 apple, ½ raw beetroot, 2 carrots, 2 cm ginger and 2 cm lemon.

***Choose the correct answer to the following questions:***

*1) According to the first paragraph drinking juice can*

a) get rid of body fat

b) cleanse your body

c) make you less active

d) become more relaxed.

*2) To make ginger juice you need such ingredients*

a) ginger

b) ginger and citrus

c) ginger, fruit and greens

d) ginger, fruit, greens and a vegetable.

*3) Spinach and mint juice has a property*

a) to relieve pain

b) to calm down your nervous system

c) to beat the lethal disease

d) to improve digestion.

*4) Green apple juice should be consumed*

a) in large amount

b) very little

c) a little

d) in average amount

*5) Ultimate green juice includes different herbs but the most important one is*

a) parsley

b) kale

c) lettuce

d) celery

*6) The main healing property of beetroot juice is*

a) removing your acne

b) cleansing your lymphatic system

c) loading you with vitamins and minerals

d) relaxing you.

**HEALTHY NUTRITION HACKS**

***Read the following text. Match the headings with the paragraphs. There are two extra choices:***

1. If you want to eat more fruits keep it on the counter in clear sight instead of just throwing an orange into your bag. It is much better to peel it up, put it in a container on our desk to enjoy when we are hungry. In this way you will eat a healthy snack like dried fruit or nuts instead of chewing on something like chips which is not a good food choice. And the same thing goes for drinking our fluids, whether it’s tea or water. Putting it near you while you work or study increases the chance you will take periodic sips and stay hydrated throughout the day.

2. Celery and carrots are good snack options but if we try to cut them up ahead of time to store in the fridge they lose their crunch and sometimes they get this slimy film. However we can avoid that by putting and storing them in a glass container or jar with some water. It helps the veggies stay crisp and last longer. Just change water

every couple of days or so. There is no exposure to heat or light, so these veggies will not lose their nutrients, except a little amount of vitamin C because it is affected by oxygen. But that’s not a big deal. All the other nutrients stay preserved!

3. Seeds offer a unique combination of phytonutrients and antioxidants that have a whole bunch of health benefits. So fill an empty jar with one-third of peanut butter, then add a couple spoonfuls of some seeds. You can use whatever seeds you have on hand: sunflower seeds, pumpkin seeds, flax seeds, chia seeds, lightly toasted sesame seeds. Give it a mix and store it in the fridge. You can add it to oatmeal or spread it on toast. It makes for a colourful and nutrient-packed addition to any meal like smoothies or parfaits.

4. It is well-known already that if you want to make a smoothie you can freeze fruits in containers so that you can quickly grab them whenever you need and without chopping make this wholesome drink. Besides, frozen fruits make its texture extremely creamy. Then you add a splash of milk, some greens and nut butter. And the delicious and wholesome drink is ready. But you can make it even more nutrient-dense, adding frozen zucchini and white beans. You won’t even feel the taste of them in smoothies. Zucchini are especially good for people who can’t tolerate bananas. White beans are rich in protein, fiber, vitamins and minerals. You won’t even know they are there!

5. Herbs and spices are the food highest in antioxidants. Many spices come from fresh herbs. You can chop them and place them in an ice cube tray with some water. Alternatively you can add them to a food processor with equal parts of oil and water and blend, and then add that to the ice cube tray. Once it’s frozen you can transfer it to a container. Prepared in this way, herbs will retain their flavor and all nutrition properties. Then you can use them in your soups or stews or pasta sauces.

**a) Place wholesome food in front of you**

**b) Don’t forget adding extra flavours**

**c) Use different sauces with your meals**

**d) Make use of zucchinis in your soups, stews and pasta sauces**

**e) Make them fresher for longer**

**f) Add mystery ingredients**

**g) Pump up your nutrition with extra protein.**

**PART III. PHYSICAL ACTIVITY (SPORT)**

 Getting active has a lot of benefits, from improving our physical health to boosting our emotional wellbeing. Even making small increases to the amount of activity you do, can contribute to your better health condition, including fixing your sleep cycle, maintaining a healthy weight and managing your stress. Being physically active can also reduce your chances of developing such problems as joint and back pain, type 2 diabetes, depression and cardiovascular disease. It might even also lower your risk of having some types of cancer.

According to the World Health Organization recommendations, to keep your muscles, bones and joints healthy, it is important to do some form of activity at least two days each week. Strength building exercises include doing yoga, carrying heavy bags or lifting weights. If you an adult aged 19 or older, you should also spend at least 150 minutes each week doing cardio activities at a moderate intensity. Or you could spend at least 75 minutes practising activities at a vigorous intensity.

 If you choose moderate activities, it means that your breathing increases while you are active, but you’ll still be able to talk. Examples of moderate activities comprise walking at a brisk pace, cycling and swimming. 150 minutes of these activities each week adds up to two-and-a half hours. But you do not have to do all of your exercise for the week at once. For example, you could choose to cycle for 30 minutes five times a week. Or you can build activity into your daily routine. You might take a walk to the market, get up and move while you wait for the kettle to boil, get off the bus one stop early or take the stairs instead of the lift. It all counts to your 150 minutes, so do what works for you.

 If you choose vigorous activities, that means you’ll be breathing very fast and you’ll have difficulty talking while you exercise. Running, aerobics, playing a sport like tennis, or climbing stairs are all examples of vigorous training. If you work out at a vigorous intensity for 75 minutes each week, it makes up one-and-a-quarter hours in total. You can break these activities up over the week too. For example, you might take a brisk 15-minute walk to the shops, and then do the gardening for an hour later in the week. Even housework counts toward 75 minutes, so pick the activities that fit in your routine.

 It’s important to choose the combination of activities that’s right for you, so you may choose to do some moderate activities and some vigorous ones. It’s also important to reduce the amount of time that you are inactive. That implies you should alternate the periods of sitting with periods of standing and walking. So remember – it’s never too late to get active, so make a start today!

POST-READING ACTIVITIES

***1. Find in the text the equivalents for the following words and phrases:***

Стати активним, мати переваги, фізична активність, налагодити режим сну, підтримувати здорову вагу, керувати стресом, Всесвітня організація охорони здоров’я, серцево-судинне захворювання, підтримувати здоров’я м’язів, кісток і суглобів, силові вправи, качатися, піднімати важкі речі, високоінтенсивне тренування, активності помірної інтенсивності, тренуватися, враховуватися, підходити комусь, швидка 15-хвилинна прогулянка, розподілити тренування протягом тижня, кататися на велосипеді, займатися садівництвом, чергувати періоди сидіння зі стоянням ходьбою, мати труднощі, розпочати.

***2. Find synonyms to the following words in the text. There may be more than one:***

To exercise, an advantage, to make better, health, to increase, to preserve, aerobic training, working schedule, to choose.

***3. Match the words to make up word-combinations:***

1) to contribute

2) to fit

3) to walk

4) to get

5) to work out

6) to do

a) active

b) at a vigorous intensity

c) at a brisk pace

d) to better health

e) into routine

f) cardio activities

***4. Complete this table to make word families. Use a dictionary to help you:***

|  |  |  |  |
| --- | --- | --- | --- |
| Noun | Verb | Adjective | Adverb |
|  | to practise |  |  |
| intensity |  |  |  |
|  |  | active |  |
|  |  | moderate |  |
| combination |  |  |  |
| alternate |  |  |  |

***5. Decide whether these statements are true or false. Correct the false ones:***

1. Each type of physical training matters for wellness, regardless whether it is intensive or a light one.

2. Performing physical activities keeps you from getting ill with diabetes.

3. A person should do workouts not less than three times a week.

4. There are two types of exercises: strength activities and aerobic training.

5. Highly-intensive training must be practised 150 minutes each week.

6. The examples of strength training exercises include weight-lifting and playing a sport.

7. Swimming, cycling, running and brisk walking make belong to moderate cardio exercises.

8. The intensity of training impacts breathing and defines its type.

9. You can replace 75 minutes of workout at one time with the usual daily activities which suggest moving, e,g. going for a stroll and working in the field.

10. You must avoid sitting too long as it is harmful for health.

***6. Discussion***

1. What is the role of physical activity in our life?

2. What are the recommendations of the World Health Organization in terms of keeping fit? Do Ukrainians in general meet these criteria?

3. What types of exercises are distinguished in fitness?

4. How often and in which amount should they be practised? Do you do any of these exercises?

5. In what way is it advisable to break the training throughout the week? What is the reason for that?

6. Is it compulsory to do exceptionally some kind of sport to keep fit? Prove your point of view.

***7. Research work and roleplay:***

1. Make up a dialogue in which you are talking with your personal coach for the first time in the gym. You have signed up for the gym membership and now you want to know all the details of your future training sessions. Tell the coach what your fitness goals are and listen to his advice as to the scope, frequency, duration, type of training you need.

2. Yoga is getting extremely popular over the last few years. Browse the sites and find the information related to this sport. What is its essence and origin? What are the benefits of taking up yoga and doing asanas? What explains its vast popularity?

3. Find particular exercises aimed at toning your body, pumping your arms, losing your belly fat or love handles or whatever interests you. Classify them into strength training or cardio exercises. What are their names? Describe the technique of their performance.

ADDITIONAL TEXTS FOR READING COMPREHENSION

**THE BENEFITS OF JOGGING**

***Read and complete the text below. For each of the empty space choose the correct variant.***

Jogging is a simple and incredibly beneficial form of physical activity that is very accessible. Much like yoga and strength training jogging (1)\_\_\_\_\_ so many healthful benefits. The happy news about it is that you don’t even need to run a marathon. A short and sweet morning or lunch (2)\_\_\_\_\_ will still do your body good. Each and every effort will matter, it all adds up in the end.

 Jogging isn’t the same as running. While a jog is essentially a part of the running activity, it uses a constant and moderate (3)\_\_\_\_\_\_. One of the positive effects of jogging is developing muscles. A muscular and (4)\_\_\_\_\_\_ body looks healthy and beautiful. This (5)\_\_\_\_\_ exercise helps in stretching and strengthening your muscles, especially leg muscles. The next benefit is weight loss. A regular 20 minutes jog every day helps your body burn off calories. In thirty minutes, a runner will burn 250 calories. If you jog against the wind, uphill or speed up, you will burn a lot more calories. Jogging is much more effective than the typical (6)\_\_\_\_\_ exercise in this respect. This kind of running also improves your heart health by (7)\_\_\_\_\_ circulation and heartbeat, making your heart muscles stronger and rising the oxygen level. Besides, jogging (8)\_\_\_\_\_ in building up stronger bones. The stronger your bones are, the lesser the risks of getting bone diseases. Healthier bones also help boost joint and spine (9)\_\_\_\_\_\_\_\_\_\_, which is important for fitness. Another advantage of jogging is that it strengthens your immune system, making your body less likely to have common infections like colds and headaches. Jogging is good for (10)\_\_\_\_\_ health. Your brain will work more efficiently. Apart from that, it will help to relieve stress, anxiety and even depression. This form of fitness takes your mind off things and compels you to focus on the exercise alone. According to studies, a twenty-minute jog is enough to improve mood. If you run for a long time, endorphins begin to be produced in your body.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 1. gives
 | 1. provides
 | 1. assures
 | 1. reassures
 |
| 2 | 1. sprint
 | 1. run
 | 1. jog
 | 1. workout
 |
| 3 | 1. pace
 | 1. step
 | 1. speed
 | 1. rhythm
 |
| 4 | 1. slim
 | 1. sunburnt
 | 1. toned
 | 1. curved
 |
| 5 | 1. loved
 | 1. loving
 | 1. affectionate
 | 1. go-to
 |
| 6 | 1. running
 | 1. walking
 | 1. riding
 | 1. moving
 |
| 7 | 1. slowing
 | 1. speeding
 | 1. strengthening
 | 1. accelerating
 |
| 8 | 1. aids
 | 1. fosters
 | 1. facilitates
 | 1. boosts
 |
| 9 | 1. resilience
 | 1. elasticity
 | 1. functioning
 | 1. flexibility
 |
| 1 | 1. mental
 | 1. mind
 | 1. physical
 | 1. circulation
 |

**DON’T DO THESE WORKOUT MISTAKES ANYMORE**

***1. Read the text below. Choose the variant which best fits each sentence. There are two choices you don’t need to use:***

 Sometimes you workout but you don’t see the results. In this case you should reconsider your process (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. There might be numerous reasons for that. Among them there are:

Your warm up isn’t enough. Pre-workout training gets your muscles and tendons ready for actual workout, (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and less prone to injuries. In addition to that, your heart rate goes a bit up, making your blood pump faster and boosting your further performance. However, (3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, you’re likely to get sore the next day and get unable to continue training at all. So stretch all your limbs in all possible directions.

 You are doing either cardio or weights, not both. Suppose your goal is (4)\_\_\_\_\_\_\_\_\_\_\_\_\_. Who needs lugging weights for that. A healthy diet and some cardio every day – that’s the way to go! But, no! Forget it! Jogging, cycling, rowing are all good at burning calories, but they don’t build muscle. And muscle is exactly the thing that helps you lose weight even when you’re resting…! By the way, the older you are, (5)\_\_\_\_\_\_\_\_\_\_\_\_\_ exercises you need. The same goes for cardio training.

You are in a hurry. You want to get in a perfect shape. But going for weights larger than you or exhausting yourself on a treadmill isn’t going to help. On the contrary, since your body (6)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the only thing you’ll get is excruciating pain and fatigue the very next day. So go slow, let your body adjust to the new schedule. If you have never done any serious exercise, start with light weights and just several minutes of continuous running or swimming. With weights, like dumbbells or barbells, take whatever you feel comfortable with and do as many reps and sets as you can. As soon as you feel like it’s too easy to do lots of reps without resting, add some weight. (7)\_\_\_\_\_\_\_\_\_\_\_\_\_, do it non-stop until you feel tired and sweaty and don’t forget to watch your heart rate.

You refuse from professional advice but prefer recommendations on the Internet. If you are new to serious exercise, you might get confused (8)\_\_\_\_\_\_\_\_\_\_\_\_\_. And even if you think you’ve found the most credible source of info, it might not be quite so for you. Paying for a set of individual trainings might seem an excess, but you will be sure this routine is prepared for you personally and it fits you like no other!

a) making them more elastic

b) isn’t ready for such ordeals

c) to shed some extra pounds

d) by all different tips on the web

e) of training in the gym, at home or outside

f) if you don’t pay attention to warming up

g) improve the mobility

h) the more strength exercises you need

i) As for cardio

j) using the machines

**PART IV. STRESS AND WAYS TO COPE WITH IT**

Stress is a part of our daily life. Restless sleeping, irritability, moodiness, forgetfulness, fatigue are all signs of being stressed out. We can’t avoid it. It occasionally happens to anyone. But stress isn’t always a bad thing. It can come in handy for a burst of extra energy and focus, for instance, when you are playing a competitive sport or have to speak in public. But when it’s continuous, it actually begins to change your brain. Chronic stress like being overworked or having arguments at home can affect brain size, its structure and its functions, which in its turn causes different chronic physical and mental diseases like high-blood pressure, stroke, heart attack, panic attacks, eating disorders, anxiety, depression and others. So what are the ways to manage stress in everyday life? There are a couple of techniques which might come in handy for people who feel overwhelmed, burnt out or struggle with anxiety and fears due to stressful situations.

 Our thoughts impact our emotions. We can reduce anxiety and stress by replacing negative thoughts with positive affirmations. The more we repeat them, the more we learn to think positively and get rid of the worst scenarios of the events in our mind. The examples of affirmations are “I’ll handle it”, “I feel relaxed today”, “Today it is a perfect day”.

Another effective way to activate our parasympathetic nervous system, which is a branch of a nervous system which keeps us calm, is meditation with focus on our breath. It has been shown to reduce stress and calm down anxiety, even if it is just 2-3 minutes a day. So get seated, set a timer and pay attention to your breath. You may do it to some relaxing music.

 Another popular practice to beat stress is mindfulness. Mindfulness is simply the state of being conscious or aware of something what is around us, for example paying attention to birds chirping or the sound of rain or the clicking of a clock. In this way we get distracted from our worries and fears. Exercising is another great way to relieve stress. There is also an abundance of research indicating that aerobic exercises are extremely anti-stressed activities. When you exercise, your body releases endorphins, which triggers a positive feeling and makes you happier. It also releases cortisol, a stress hormone. After all, being in good shape boosts self-confidence. Yoga is one of the best exercises for stress and anxiety because it tones the body while calming and centering the mind.

Breathing exercises are also helpful in getting rid of any form of stress. Deep breathing is beneficial for us in all aspects. It is advisable to do them in the open air so that you get more oxygen into your body. Taking a warm bath is a nice way to promote sleep and soothe our nervous system. Adding essential oils to the bath water will reinforce the feeling of relaxation and happiness. All you need to do is to choose the oil with desirable properties, e.g. pine, woodsy, frankincense or some other ones.

 Listening to soothing music creates a very relaxed atmosphere. It is a great way to promote a relaxed state of mind and body. Going for a leisurely walk will also do you good. The best time to do it is when you have no obligations. You just go at a slow pace with no destination, absorbing the nature, preferably in the forest or in the park.

 No less important are psychological tips to build stress-free life. Cultivating habits of gratitude teaches you to be thankful for our lives and what we have and develop a positive mindset. In this way we don’t take our life for granted and feel happy each minute of our life. In order to get rid of stress you must start letting things go: unhappy past, or a bad friend or ex-spouse or just some argument. You must also start living in the present, not in the past or future, feeling sorry for some situation or worrying about future events. In this way you will find joy, savouring each moment of life. Positive people celebrate their wins and how far they have come in reaching their goal. They are proud of their accomplishments and acknowledge their self-worth rather than belittling themselves. Resilience and self-forgiveness are also important habits to be built to cope with stress. You must realize that everybody makes mistakes. Rather than being hard on yourself and make the situation worse, you can simply forgive and keep going. To release stress do not avoid laughing. Watch a comedy or crack jokes with your friends, it will lift your mood just right away!

POST-READING ACTIVITIES

***1. Find in the text the equivalents for the following words and phrases:***

Неспокійний сон, зміни настрою, дратівливість, бути знервованим, стати в нагоді, виступати перед аудиторією, безперервний стрес, перепрацьовувати, впливати на розмір та функції мозку, високий кров’яний тиск, інсульт, харчові розлади, прийоми управління стресом, відчувати себе перевантаженим, бути емоційно виснаженим, боротися з тривогою, стресові ситуації, замінювати негативні думки позитивними твердженнями, зосередженість на диханні, спокійна музика, усвідомленість, відволікатись від хвилювань, зняти стрес, виробляти ендорфіни, тонізувати тіло, глибоке дихання, заспокоювати нервову систему, ефірні олії, підсилювати відчуття релаксації, йти на повільну прогулянку, розслабляюча атмосфера, звичка вираження вдячності, позитивне мислення, сприймати як належне, жити в теперішньому моменті, відпускати минуле, хвилюватися щодо майбутнього, святкувати перемоги, визнавати власну цінність, стійкість.

***2. Find antonyms in the text to the following words:***

Calmness, tense, upbeat, negative, grief, to be ashamed of, not to appreciate something, past, to be easy on oneself, to give up, to praise oneself, fast.

***3. Match the words to make the collocations:***

1. to come activities

2. to relieve on oneself

3. a burst your breath

4. to pay attention the nature

5. anti-stress of one’s accomplishments

6. to be hard mood

7. to absorb stress

8. to lift energy

9. to crack in handy

10. to be proud jokes

***4. Define whether the statements are true or false. Correct the false ones:***

1. We can’t do without stress in our daily life.

2. Keeping forgetting things is one of the symptoms of stress.

3. Stress can be useful when it comes to releasing adrenaline in difficult situations and quick reaction is essential.

4. Repetitive stressful events increase the size of your brain.

5. There is no correlation between chronic tension and physical health.

6. In order to practise affirmations and feel their healing effect, we need to memorize them.

7. Meditation should be done for as long as possible.

8. When exercising, your body produces the hormones of happiness.

9. Breathing techniques, enjoying a warm bath with some kind of essential oil have a soothing and refreshing effect on our body and mind.

10. To feel happy you should appreciate each minute of your life and be grateful for everything you have.

***5. Answer the following questions on the text:***

1. What are the typical symptoms of being stressed out?

2. What physical and mental diseases are caused by feeling constant pressure and strain life?

3. In what way do affirmations change our mindset? Provide the examples of them.

4. What is a parasympathetic nervous system?

5. How does the practice of meditation differ from mindfulness?

6. What are the best forms of physical activities which have the most healing effect?

7. What kind of a stroll is preferable to get rid of stress?

8. What does living in the present lie in?

9. Why is forgiving yourself also necessary to become happy?

10. What technique has an instant impact on your mood?

**6. Research work and speech practice**

1. Browse the sites and find the latest researches on the interconnection of mental problems with chronic stress. What are the main causes of anxiety, depression and other psychic issues?

2. Scan the Instagram profiles of Ukrainian and foreign celebrities. How do they cope with stress? What methods do they use, judging on their photos and posts? Which of them do you find the most effective?

3. Make up a dialogue with your family doctor, complaining of stress symptoms you are experiencing at present amid the war in our country.

ADDITIONAL TEXTS FOR READING COMPREHENSION

**THE BASICS OF MEDITATION PRACTICE**

***Read the following text. Choose the correct variant for each blank space which best fits the sentence***:

Meditation has long (1) \_\_\_\_\_\_\_ to balance the mind and body and relieve stress too. It has the power of enhancing the quality of life in general. The purpose of meditation is to clear mind and practise being aware (2) \_\_\_\_\_\_\_the present moment. There are so many benefits of meditation: physical, mental, emotional and spiritual. To be particular, meditation can help you to calm your mind, destress and find inner peace and balance. It can help improve your focus and metabolism. It can also increase your productivity, creativity, intuition and happiness. It (3) \_\_\_\_\_\_\_to reduce aging, boost your immune system and add incredible value to your overall wellbeing.

 How to meditate? First, find a quiet space where you’ll be undisturbed (4) \_\_\_\_\_\_\_ some period of time. Then, sit cross-legged on a cushion or in a chair with your (5)\_\_\_\_\_\_ flat on the floor. Whatever your sitting position is, make sure your back is straight but not too tense. Softly close your eyes and start breathing slowly and deeply. Your mind should follow the path of the breath going in and out of your nose. If you notice yourself (6) \_\_\_\_\_\_ \_ into your thoughts, simply bring your focus back to your breath. The aim is to be an observer of your thoughts, but not engage in them. The goal here is to enter the gap – the space where you are aware of yourself and what’s around you but your mind is actually not thinking (7) \_\_\_\_\_\_\_\_. This awareness is your consciousness.

(8) \_\_\_\_\_\_you are a beginner, try small. Begin meditating for 5 minutes a day. You can also set a timer. Find time that works for you that you can incorporate into your daily routine. Creating a daily meditation routine won’t always be an easy journey. So keep in mind –patience and perseverance and non-judgement are keys to your success in meditation. Be patient with yourself, for the time will pass anyway. Persevere even at times you want to (9) \_\_\_\_\_\_\_. Be easy on yourself when your mind wanders. Just do your best. You can try switching on some relaxing music or sounds of nature while you meditate following a (10) \_\_\_\_\_\_ meditation.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | a)been practising | b) been practised | c) has practised | d) practice |
| 2 | a) of | b) in | c) with | d) off |
| 3 | a) must | b) ought | c) is able | d) has |
| 4 | b) throughout | b) along | c) for | d) in |
| 5 | a) foot | b) feet | c) foots | d) footwear |
| 6 | a)drifting off | b) to drift off | c) drift off | d) drifted off |
| 7 | a) anywhere | b)somewhere | c)something | d)anything |
| 8 | a) Since | b) If | c) Unless | d)Regardless |
| 9 | a) wind up | b) take up | c) give down | d) give up |
| 10 | a) guided | b) guiding | c) guide’s | d) guides’ |

**HABITS DESTROYING YOUR MENTAL HEALTH**

***Read the text below. Choose the correct variant:***

It’s a well-known fact that not eating well, forgoing workouts and lacking sleep worsens your mental state. But there are some other factors which are less common but still are of great importance.

A lot of people compare themselves to others. It may be a form of self-reflection and it helps you see which areas of life you’d like to improve on. But as much as it can be a source of motivation, it can also be quite detrimental to your mental health. It damages your sense of self and doesn’t help you to achieve your goals. Most of the time you are probably comparing yourself to people you see on social media, But content on the Internet is curated to look that way. The act of constantly comparing yourself to others breeds envy, low self-esteem and depression. Instead, try to focus your energy on what you have, which part of you like and which you don’t like so much. Identify these things and realize it’s normal to be different.

Keeping negative thoughts affects your stress level too. The constant influx of news, information and events can sometimes overwhelm your brain to the point of exhaustion. This feeling of stress is enhanced, especially if you’re binge-watching the news or reading a lot of negative reports. You become constantly anxious. So if you notice these signs, restrict yourself from negative information and look for relaxing methods that suit you. Perhaps yoga, meditation and regular breaks may help.

Do you experience difficulties saying no? Sometimes you don’t notice you are trying hard to please others. It may be at the expense of your own wellbeing. Saying no feels threatening to our relationships and feeling of connectedness. It has probably been ingrained in you that putting yourself first and saying no is bad. But saying no gives you an opportunity to rest, prioritize your own goals and set boundaries. You should decline them in a straightforward but respectful way.

Blaming others all the time takes a toll on your mood too. Blaming people is often easier than taking responsibility. It relieves you of consequences and saves you some bad hits on your reputation, but it won’t improve your mental health. It can distract you from the constructive task of self-reflection. As a result, nothing will get done and your stress will pile up.

One more negative and stressful factor is keeping toxic relationships. Sometimes giving people second chances and being too kind puts you in bad situations. And that happens when you remain in relationships with toxic, manipulative people. These people are the type that force you into doing what they want and are inconsistent with their actions and make you feel uncomfortable with them. The solution to this problem, which causes so much stress, is to address these issues directly or put some distance between you and this person.

Not taking breaks, procrastination, perfectionism, ignoring self-care routines are among other toxic habits which lead to burnout and poor psychological health. In conclusion, creating healthy habits is the most vital thing in life. As the saying goes “A sound mind in a sound body”. Thus keeping a healthy mind is just as important as a healthy body due to their interdependence.

*1. According to the text the primary causes of psychological issues are*

a) staying in toxic relationships

b) not setting boundaries and inability to say no

c) poor nutrition, little exercising and staying up all night or difficulties with falling asleep

d) lacking self-confidence

*2. What does the term self-reflection mean?*

a) analyzing your family

b) analyzing yourself

c) persuading yourself

d) blaming yourself

*3. Which one of the four variants is false*

a) comparisons make us grow in a figurative sense

b) they raise our confidence

c) they can hurt us

d) they distract us from work and attaining our goals

*4. Watching or reading the news without pause can*

a) causes chronic stress

b) constant fear

c) your level of stress to rise up

d) fatigue and burn out

*5. People, who are scared to turn others down, fear that*

a) to be rejected and abandoned

b) to be punished

c) they will stay in a toxic relationship

d) they won’t make many new friends

*6. Making others guilty*

a) is normal

b) should be done in a polite way

c) prevents you from reaching your goals

d) sets boundaries between people.

**WORD-BANK**

**Part I.**

To keep good health

To stay fit and healthy

Regular medical examination

Mental wellbeing

Wholesome nutrition

Consumption

Regular medical examination

Fresh fruits and veggies

Obesity

To prevent from

Physical fitness

To decrease the risk of

To improve sleep

To stay physically active

Brisk walking

Reduce inflammation

To be essential for

To relieve stress

A link between

To overcome anxiety

To keep hydrated

To function properly

To get enough sunlight

Vitamin D

To keep personal hygiene

To sleep well

To feel refreshed

To be associated with

**Part II.**

Good eating habits

Different food groups

Nutritious substance

Food diversity

To provide with

To keep to a healthy diet

To alleviate symptoms

Must-have components

To be prone to

An important nutrient

To survive

To flush out toxins

Daily functioning

Vitamins and minerals

To contain micro-nutrients

To be a rich source of

On a daily basis

Fiber, protein, carbohydrates and fats

To be found in starchy food

A healthy option

Refined carbohydrates

To swap pastry with healthy alternatives

To cut down on

To provide energy and endurance

To go for

To be a vegetarian

To restrict the intake of

Carcerogenic trans-fat

Plant-based milk

Saturated and unsaturated fats

To transport vitamins around one’s body

To incorporate into a diet

To be a meat substitute

**PART III.**

To get active

To improve physical health and emotional wellbeing

To develop cardiovascular disease

A type of cancer

To contribute to better health condition

To maintain a healthy weight

To be physically active

Walking at a brisk pace

According to the World Health Organization recommendations

To build an activity into one’s daily routine

To exercise (to work out)

To keep muscles, bones and joints healthy

Strength-building exercises

To do cardio activities

At a moderate (vigorous) intensity

To add up to

To work for somebody

To do or play some sport

To break up the activities over the week

To do the gardening

To be inactive

To pick the activities

To alternate the period of sitting with standing and walking

To make a start

**PART IV.**

To be stressed out

Restless sleeping

Irritability, moodiness and fatigue

To play a competitive sport

To speak in public

Continuous (chronic) stress

To change one’s brain

To have arguments

Mental diseases

To affect brain size

Eating disorders

Panic attacks, anxiety and depression

To feel overwhelmed and burnt out

A stressful situation

To impact emotions

To reduce anxiety and stress

To repeat positive affirmations

To feel relaxed

To handle (cope with, beat, manage) stress

To keep somebody calm

To get rid of stress

Meditation with focus on one’s breath

Mindfulness

To be conscious (aware) of

To be distracted from fears and worries

To tone a body

Breathing exercises

To be helpful in

To get more oxygen into the body

To create a relaxed atmosphere

To add essential oils

To be beneficial for

To go for a leisurely walk

To absorb nature

Psychological tips

To build stress-free life

To be thankful for

To cultivate habits of gratitude

To let things go

To live in the present

To celebrate one’s wins

To acknowledge one’s self-worth

To be hard on oneself

To keep going

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