6 Mind and Body

VOCABULARY 1

Mental Health

1 Use your dictionary to look up the meaning of the words in the box. Which can you use to describe the pictures?

> balance   bullying   condition
> depression   loss   prevention
> psychologist   recovery   self-esteem
> suffer   therapy   treatment

1 _____

2 _____

3 _____

4 _____

2 🔊 53 Listen and repeat.

3 Complete the sentences with words from the box in activity 1.

a It's so important to have _____ in your life – too much work isn't healthy at all.

b The _____ of a pet can be a very sad moment for children.

c _____ is a serious issue in schools these days and is very hurtful to the children who are the target.

d People often forget that _____ is an important part of mental health – it's better to stop problems before they even begin.

e My sister has a _____ where she gets very anxious anytime she is in a big crowd of people.

4 Choose the correct words.

My whole life I've struggled with **a depression / therapy**. When I was younger, I used to **b suffer / balance** from it alone because I thought it was my fault. As a result, my **c depression / self-esteem** was very low. Luckily, a friend could tell something was wrong and suggested I visit a **d therapy / psychologist**, which I did. Going to **e therapy / recovery**, I received the **f self-esteem / treatment** I needed, and that started me on the road to **g recovery / treatment**.

📖 READING 1

1 Look at the picture and the title of the article. What do you think *brain training* is?

Brain Training

In recent years, the concept of 'brain training' has captured the public's imagination. With easily accessible apps, brain training companies promote the amazing results that you can achieve by spending a few minutes each day on your phone, playing brain training games. These companies argue that there are many benefits to brain training, or 'cognitive training' as it's sometimes called.

For younger people, brain training is said to help you focus on work and to generally become more intelligent, e.g. by gaining IQ points. For older people, brain training is supposed to keep the brain mentally active, and therefore reduce some common issues associated with old age like loss of memory. Taking a quick look at the reviews on their websites, many people have praised the effectiveness of brain training, with comments like, "I can't believe how much smarter I felt after only a few weeks. I would have signed up years ago if I had known about this incredible app." If these claims are true, then surely brain training is an amazing investment, with cheap costs and no risks.

On the other hand, critics of brain training cite numerous studies by researchers showing that these games don't work. Although the human brain is flexible and can learn new things, there is no evidence that these brain training programs actually affect overall intelligence. Instead, it is argued, they only teach people to get better at the games. As one researcher noted, "If I had understood before the reality of brain training, I never would have invested so much time in playing their games."

Even people who are not entirely in favor of or against brain training warn that consumers should be careful – for brain training to be successful, they say, the games need to be challenging at all times and to have enough variety that people don't just learn gaming skills. Whatever the case may be, it seems like brain training is here to stay, for the immediate future anyway. Only time will tell whether this trend has real benefits, or whether it is a waste of money, fooling people into believing they are getting smarter.

READING STRATEGY

Make connections between texts and your own knowledge and experiences. This will improve your text comprehension and make reading a more meaningful experience.

2 🔊 54   Read and listen. Check your answer to activity 1.

_____

_____

3 Complete the sentences about the text with the words in the box.

> challenging   cognitive   loss
> evidence   results

a Brain training companies say that their programs lead to amazing _____.

b Brain training is also known as _____ training.

c Brain training is said to help the elderly with memory _____.

d Critics claim that there is no _____ to support brain training.

e If using brain training, it is important that the games are _____ enough.

4 Answer the questions.

a How are brain training apps 'easily accessible'?
_____
_____

b What benefits for young people are discussed in the text?
_____
_____

c What do critics say people are actually learning?
_____
_____

d What two characteristics should brain training games have?
_____
_____

e In the last paragraph, what is meant by 'only time will tell'?
_____
_____

GRAMMAR 1

Third Conditional

1 Look at the excerpt from the text and underline the verb forms. Then choose the options that make the statements about the form and the meaning of the excerpt true.

third conditional	
main clause	***if* clause**
I would have signed up years ago ...	... if I had known about this incredible app.

a I **did** / **didn't** sign up years ago.

b I **knew** / **didn't know** about the app.

c In the *if* clause, we use the **simple past** / **past perfect**.

d In the main clause, we use *would* + **have + base form** / *have* + **past participle**.

e We **can** / **can't** change the order of the clauses in the sentence to, *If I had known about this incredible app, I would have signed up years ago.*

2 Match a-d with 1-4 to make appropriate sentences.

a ☐ If I had trained more,

b ☐ If I hadn't gone out last night,

c ☐ If I'd listened to my mother's advice this morning,

d ☐ If I had not started taking better care of myself,

1 I would have risked having serious health problems.

2 I wouldn't have woken up this morning feeling terrible.

3 I would have eaten breakfast instead of rushing out the door.

4 I would have done better in the race.

3 Complete the sentences with the correct form of the verbs in parentheses.

a If he _____ (not quit) his job, he _____ (continue) to be stressed out.

b You _____ (become) a nutritionist if you _____ (finish) your degree.

c They _____ (retire) earlier if it _____ (be) a possibility.

d She _____ (sleep) for 8 hours if the baby _____ (not wake up).

e If the restaurant _____ (serve) healthier food, _____ (it / be) more popular?

4 Rearrange the words to make sentences in the third conditional. The first and the last words have been given for you.

a **If** / she / had / had / have / a nap / Micaela / more energy / would / taken / **in the evening.**

_____
_____

b **I** / would / last year / a vacation / to take / liked / I'd / if / have / had / **more money.**

_____
_____

c **If** / symptoms / would / the / treatment / had / you / done / the / have / **gone away.**

_____
_____

d **We** / a relaxing day / have / it / if / hadn't / at the beach / would / had / **rained.**

_____
_____

5 Complete the text with the words in the box.

been   had   made
might   would   wouldn't

It's funny to think about how your life might have been completely different if you had **a** _____ a few different choices along the way. Take me, for example. Originally, I'd wanted to become a lawyer, but I decided at the last minute not to apply. If I had, I **b** _____ have worked for my dad's law firm, though I'm not really sure. And, if that had happened, I definitely never **c** _____ have met my wife – we first met when I was traveling through Latin America. Of course, I probably would have made more money if I had **d** _____ a successful lawyer, but that doesn't really bother me. Knowing me, I **e** _____ have been happy if I **f** _____ had to work in an office all day, so I'm glad I became a scuba instructor instead!

6 Join the two simple sentences to make a third conditional sentence. Use the words in parentheses.

We started eating less meat, and then we lost weight. (would not)
If we hadn't started eating less meat, we wouldn't have lost weight.

a Pavla began working out. Her self-esteem improved. (would not)

b I spent the holidays with my family. That's why I wasn't at work. (would)

c I moved near the beach. That's probably why I started surfing. (might not)

d I learned some breathing exercises, so I didn't fail my exams. (could)

7 Answer the questions for you. Use the third conditional.

a If I had started learning English earlier …

b If I had been born in …

c If I had woken up late this morning …

d I could have been great at … if …

e I would have been happier last year if …

8 **INTERFACE** Work in pairs. Look at the pictures of different situations. Describe how these problems could have been avoided.

🎧 LISTENING

Practicing Mindfulness

1 🔊 **55** Listen to a woman talking about mindfulness. Number the questions below in the order she talks about each item.

a ☐ Why is it important?
b ☐ How do you do it?
c ☐ What are the benefits?
d ☐ What is it?

2 🔊 **55** Listen again and circle T (*true*), F (*false*), or NS (*not said*).

a The speaker doesn't think the definition of 'mindfulness' is important. **T / F / NS**
b The speaker believes mindfulness is more relevant now than in the past. **T / F / NS**
c Meditation can provide immediate results. **T / F / NS**
d The benefits from mindfulness are primarily physical. **T / F / NS**

3 🔊 **55** Listen one more time and answer the questions.

a In mindfulness practice, what is the main objective?

b What different things do people focus on during meditation?

c What is a mantra?

d What physical benefits of mindfulness are given?

💬 **SPEAKING**

Cause and Effect

🔊 56 Emily is talking to her son Patrick. Listen and complete the dialogue.

> Mom, I feel terrible, I can't go to school today!

> Patrick, you have to. This is due to all the Halloween candy you ate yesterday. If you **a** _____ some like I told you, you **b** _____ have gotten an upset stomach.

> Mom, it's not that! I feel sick because of the party you and dad had downstairs. Thanks to all the noise, I couldn't get to sleep. I'm sure if I **c** _____ better, I wouldn't **d** _____ with a sore throat and a headache.

> Hmm ... I'm not so sure about that. Everyone had left by 11pm, so it wasn't that late, but I am sorry if we caused you to feel bad. If you **e** _____ us we were bothering you, we **f** _____ less noise.

> So I don't have to go to school then?

> Well ... owing to the fact you actually sound sick, I'll let you stay home this time. Just don't tell your father – if it **g** _____ him talking to you, there's no way he **h** _____ you skip school as a result of a sore throat.

> Thanks, mom!

> Ok, get some rest then, and I'll be downstairs. Maybe I got lucky too – if **i** _____ gone to school, I **j** _____ had to drive your brother to his soccer practice. Now, your dad will have to take him instead!
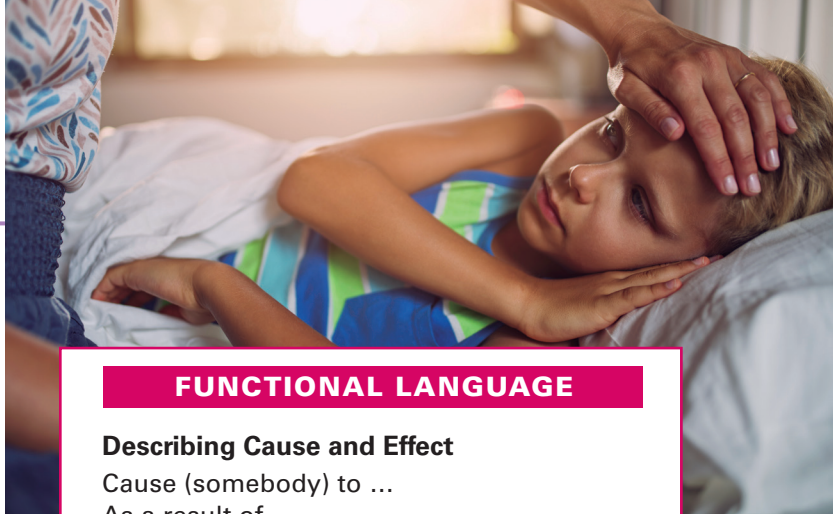
FUNCTIONAL LANGUAGE

Describing Cause and Effect
Cause (somebody) to ...
As a result of ...
Because of ...
Due to ...
Owing to ...
Thanks to ...

Speaking Task

Prepare a dialogue between you and a friend.

Step 1

Your friend is complaining about not being in shape. Write a dialogue between you and a friend talking about why this is.

Step 2

Think of reasons why your friend is not in shape and what cause and effect expressions you could use to talk about them.

Step 3

Take turns practicing your dialogue.

CULTURE

Health Care in Singapore

The country of Singapore is a single island with a population of 5.8 million people. And yet, its health care system is considered by many to be one of the best and most effective health care systems in the world. So what makes its health care system unique? Unlike countries like Canada, Sweden, or Taiwan, in which taxes pay for one public system for everyone, in Singapore the government only pays about 25%.

For the rest, individuals and employers pay through an innovative system. To start, the Medisave system requires that 7% to 9.5% of a person's salary goes directly to their health care plan. They then use these funds to pay for health care for routine medical care, like doctor or hospital visits. For more expensive care, for example major surgeries, there is the Medishield system, a type of insurance.

One of the reasons that the Singaporean system is so effective is that there are tight government controls, and they decide what drugs and treatments are cost-effective. As a result, only these can be paid for with the Medisave funds, keeping the cost of care lower than in many other countries.

And how successful is this system exactly? For comparison, in 2014, the average Singapore citizen spent $2,752 on health care, compared to $9,403 in the US, that is, nearly four times less. However, there are concerns that in the future it may be challenging to maintain the high quality and low cost of medical care. As the population gets older, and as unhealthy foods and eating habits from other countries become popular, the cost of the system could potentially rise. If this is the case, it will be up to the people and the government of Singapore to continue finding solutions to address the country's medical needs.

1 🔊 57 **Read and listen to the article and answer the questions below.**

  a What makes the Singapore health care system different from the other countries mentioned?
  _____
  _____

  b What do Medisave and Medishield cover?
  _____
  _____

  c Why is health care less expensive in Singapore?
  _____
  _____

  d What are some future challenges for Singapore's health care system?
  _____
  _____

2 Do you like the Singapore system of health care? Why / Why not?
  _____
  _____
  _____
  _____
  _____
  _____
  _____

3 In what ways is the Singapore health care system similar to or different from the health care system in your country?
  _____
  _____
  _____
  _____
  _____
  _____
  _____

+B AC VOCABULARY 2

Healthy Habits

1 Match the phrases in the box with the pictures.

appreciate nature ☐   establish a routine ☐

exercise regularly ☐   get regular checkups ☐

keep a journal ☐   keep a schedule ☐

limit screen time ☐   maintain a healthy diet ☐

practice meditation ☐   reward yourself ☐

2 🔊 58   Listen and repeat.

3 Choose the correct words.

a **Keeping a schedule** / **Keeping a journal** is a useful tool for recording all your feelings and future goals.

b Hiking is a great way to **appreciate nature** / **practice meditation** while also getting a good workout.

c After following a strict schedule or diet, **reward yourself** / **maintain a healthy diet** by taking a short break from your routine.

d It's important to **get regular checkups** / **exercise regularly** by seeing a doctor and a dentist at least once a year.

e Parents should definitely **maintain a healthy diet** / **limit screen time** of their kids to ensure they remain active.

f Do you **limit screen time** / **exercise regularly**, either at a gym or somewhere else?

📖 READING 2

The Changing Meaning of Good Health

Throughout human history, people have tried to understand human health in different ways. In ancient times, the supernatural was considered the most important factor in human health – all types of physical and mental problems were thought to be the result of gods or other beings. Later, the Greeks revolutionized the concept of health and medicine by focusing on balance in the body and in the environment. Currently, according to the World Health Organization, health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In other words, it covers all areas of life, not just the physical, and is more than just not having any diseases. First written in 1948, this definition has been a useful description of health for over 70 years, and if it had not been adopted we might still be focusing only on getting rid of diseases instead of all the other important aspects of well-being.

However, critics of this definition are pushing for it to now be changed. First off, there are complaints that this definition is too general, and may be a good definition of 'happiness' rather than 'health.' As a result, it would mean that most people are not healthy most of the time. Imagine, for example, someone who is completely physically and mentally fit. However, if that person has had some type of social problem, e.g. a breakup, could they be considered unhealthy? Furthermore, at different ages there are different expectations – should someone in their 80s with typical age-related issues be considered unhealthy? If the definition were more specific and fewer people were considered 'unhealthy,' fewer people would have needed expensive, unnecessary drugs or medical procedures in recent years. Now, different doctors, researchers, and writers are working on new definitions, often building on the previous one, but adding more details to account for patients' different needs. The hope is that by doing so we will soon have a definition that works for everyone and that can be the goal of future health care systems.

1 Look at the title of the text on page 98 and the pictures in it. What does *good health* mean to you?

2 🔊 **59** Read, listen and check if your ideas are mentioned.

3 Read the text again and answer the questions.

a In ancient medicine, what was considered the root of health?
_____
_____

b What is positive about the World Health Organization definition?
_____
_____

c What are the main criticisms of the World Health Organization definition?
_____
_____

d What is the point of creating a new definition?
_____
_____

e What do you think should be definition of health?
_____
_____

📖 **GRAMMAR 2**

Mixed Conditionals

1 Look at the two conditional sentences from the article. Match the sentences to the descriptions.

a ☐ If it had not been adopted, we might still be focusing only on getting rid of diseases …

b ☐ If fewer people were considered 'unhealthy,' fewer people would have needed expensive, unnecessary drugs or medical procedures in recent years.

1 A general hypothetical situation with a result in the past.

2 A hypothetical situation in the past with a result in the present.

2 Complete the sentences with the correct form of the verb in parentheses.

a If Leila _____ (not go) to medical school, she _____ (not be) a successful doctor now.

b I never _____ (try) meditation if there _____ (not be) so many apps available.

c _____ (you go) skiing with me if the mountain _____ (not be) so far away?

d Noah _____ (not be) busy every weekend if he _____ (not take) that new job.

e If Anwar _____ (know) why he was depressed these days, he _____ (not agree) to see the therapist.

3 Make complete sentences using the prompts.

a If / we / go hiking / this morning / we / be / exhausted / now .
_____
_____
_____

b I / cook / dinner / if / we / have / ingredients / in the house .
_____
_____
_____

c If / she / learn / swim / as a child / she / not / be / afraid of water / now .
_____
_____
_____

4 Complete the sentences for you.

a If I had started _____ when I was young, I _____ _____ now.

b I _____ become a _____ if I were better at _____.

c If I had moved to _____, I _____ now.

d I wouldn't have met _____ if _____.

➡ **GRAMMAR GUIDE** page 102

✏️ WRITING

An Opinion Essay

1 🔊 **60** Read and listen. Answer the questions.

a Why can school be stressful?

_____

_____

b Why is yoga relaxing?

_____

_____

c What does the research say about students who do yoga?

_____

_____

Yoga Should Be Taught in Schools. Do You Agree?

At present, yoga is not taught in schools in most countries. Consequently, many people have never experienced the benefits of yoga. In my opinion, children would be much healthier if yoga was a regular part of the education system.

Firstly, school can be stressful for many young people because of academic pressure, bullying, or other reasons. What's more, to handle stress many people develop unhealthy habits, for example, overeating. Yoga is well known for being a relaxing activity that teaches people to manage stress in a healthy way. Secondly, yoga can lead to increased focus because it requires people to concentrate on breathing and balance. As a result, students who do yoga are better able to study and concentrate, leading to better results in school. In fact, a study in 2003 found that students who do yoga have improved health, behavior, and grades.

In conclusion, I believe teaching yoga in schools would be greatly beneficial to students. Furthermore, these benefits would extend to other family members who might then be introduced to yoga.

2 Read the text again and complete the chart.

Paragraphs where the writer gives an opinion	1 and ...
Phrases for giving opinion	In my opinion ...
Number of main arguments	
Words / phrases used to introduce arguments	
Phrase for summarizing	

📷 LANGUAGE FOCUS

Linkers of Addition and Result

+ School can be stressful for many young people. **What's more**, to handle stress many people develop unhealthy habits.

+ Teaching yoga in schools is greatly beneficial to students. **Furthermore**, these benefits extend to other family members.

➜ Yoga is not taught in school in most countries. **Consequently**, many people have never experienced its benefits.

➜ Yoga can lead to increased focus. **As a result**, students who do yoga are better able to study and concentrate.

3 Choose the correct linkers.

In some cities in the USA, schools have started to teach yoga in the classroom. **a What's more / As a result**, there are many other schools considering doing the same. **b What's more / Consequently**, yoga in schools has become a topic of debate, with many parents both for and against this idea. **c Furthermore / Consequently**, government officials are also getting involved and voicing their opinions. **d As a result / Furthermore**, there may soon be new laws regulating whether these classes will continue in the future.

4 Write an opinion essay (150-170 words) supporting your point of view about this statement: "Schools should teach more subjects to help students' mental health." Follow these steps.

Writing an Opinion Essay

Step 1 > PLAN

Determine your opinion. Why do you think it's a good or a bad idea? Make notes.

Step 2 > WRITE

Write your first draft. Organize your essay into three paragraphs.

Step 3 > CHECK

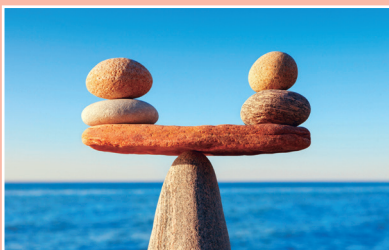Check your writing for errors. Have you used linkers from the Language Focus?

Step 4 > WRITE

Write your final copy and hand in your work.
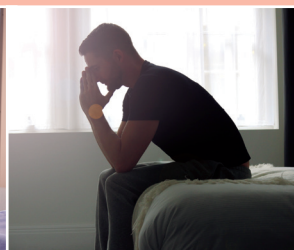
VOCABULARY IN PICTURES

Mental Health

balance	bullying	condition	depression
loss	prevention	psychologist	recovery
self-esteem	suffer	therapy	treatment

Healthy Habits
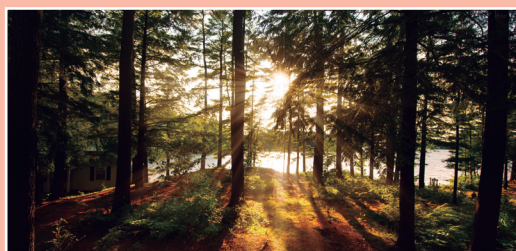
appreciate nature	establish a routine	exercise regularly

get regular checkups	keep a journal	keep a schedule	limit screen time

maintain a healthy diet	practice meditation	reward yourself

🔍 **GRAMMAR GUIDE**
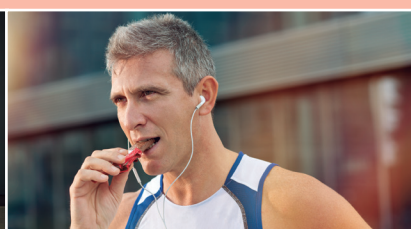
Third Conditional

- we use the third conditional to talk about hypothetical situations in the past – situations or events that did not really happen
  If **Cathy hadn't gone** swimming, **she wouldn't have gotten** an earache. (meaning = She went swimming and she got an earache.)
- we form the third conditional with *if* + past perfect, *would* + *have* + past participle

	if clause	main clause
+	If you **had exercised** this morning,	you **would have felt** better.
–	If they **hadn't stayed** up late,	I **wouldn't have slept** in.
?	If she **hadn't visited** the doctor,	what **would have happened**?

- there are two clauses: the *if* clause and the main clause. We can change the order of the clauses without changing the meaning. Note the use of the comma
  If **I had become** a vegetarian, I **would not have cooked** hamburgers yesterday.
  I wouldn't have cooked hamburgers yesterday if **I had become** a vegetarian.
- we can use the modal verbs *might* and *could* in the main clause to show we are less certain
  If you **had gone** to yoga class with me, you **might have learned** how to reduce your stress.
- in spoken English, we often contract the subjects with *had* or *would* to *'d*. In the negative form, we often contract *had* or *would* and *not* to *hadn't / wouldn't*
  If **I'd become** a vegetarian, I **wouldn't have cooked** hamburgers yesterday.
- we usually stress the main verbs in both clauses
  If **I had <u>exercised</u>** this morning, I **would have <u>felt</u>** better.

Mixed Conditionals (Second and Third Conditional)

- we use a mix of the second and third conditionals to talk about hypothetical situations in the past with a result in the present
  If I **hadn't started** seeing a psychologist, I **would be** much less balanced now.
- we form this mixed conditional with *if* + past perfect, *would* + base form

	if clause	main clause
+	If she **had prepared** lunch,	she **would feel** much better now.
–	If they **hadn't prepared** lunch,	I **wouldn't be** happy now.
?	If they **hadn't met** at the party,	**would** they **be** together now?

- we also use a mix of the second and third conditionals to talk about general hypothetical situations with a result in the past
- we form this mixed conditional with *if* + simple past, *would* + *have* + past participle

	if clause	main clause
+	If you **had** a healthier diet,	you **would have done** better in the race.
–	If they **didn't charge** so much,	they **wouldn't have gone** out of business.
?	If I **had** better grades,	**would** they **have accepted** me?

✓ PROGRESS CHECK

Mental Health

1 Match the phrases to make sentences.

a ☐ My cousin started seeing

b ☐ I'm very sorry for

c ☐ I find that meditation helps me to stay

d ☐ It's a common misunderstanding that sadness

e ☐ Having a strong family or support system is

f ☐ I think I must have been lucky because I don't

1 and depression are the same thing, but they're not.

2 your loss – this must be a hard time for you.

3 remember there being any bullying at my school.

4 mentally focused and balanced – I highly recommend it.

5 a psychologist, and it helped her a lot.

6 an important part of recovery from mental health problems.

Healthy Habits

2 Match the verbs with the nouns to make healthy habits collocations.

a ☐ appreciate   **1** a healthy diet

b ☐ practice   **2** screen time

c ☐ keep   **3** nature

d ☐ limit   **4** meditation

e ☐ maintain   **5** a routine

f ☐ establish   **6** a journal

Third Conditional

3 Check the correct options to complete the sentences.

a We wouldn't have started sleeping well

1 ☐ if we hadn't bought a new bed.

2 ☐ if we had bought a new bed.

b If they hadn't spent all their savings,

1 ☐ they could retire years ago.

2 ☐ they could have retired years ago.

c Khulan might not have signed up for the course,

1 ☐ if her brother could have encouraged her.

2 ☐ if her brother hadn't encouraged her.

d If you had won last week's lottery,

1 ☐ would you have quit your job?

2 ☐ you would have quit your job?

Mixed Conditionals

4 Complete the sentences with the words in the box.

> had   hadn't   wasn't   would have

a If they _____ taken care of the garden, we wouldn't have all these vegetables now.

b If I knew how to do Tai Chi, I definitely _____ joined in at the park.

c I might not have gotten upset if he _____ so annoying all the time.

d If Vanessa _____ visited the dentist regularly, she wouldn't have so many cavities.

Grammar Buildup 6

1 **2** **3** **4** **5** **6** ☐ 7 ☐ 8

5 Choose the correct answers.

What job **a would I have / would I have had** now if I **b didn't become / hadn't become** a physical therapist? That's a difficult question! Well, if I **c didn't go / hadn't gone** to college, I **d wouldn't become / wouldn't have become** qualified to do therapy. However, even if I **e didn't get / hadn't gotten a degree**, I think I **f would still end up / would still have ended up** working in this field now in some capacity. So, maybe I **g would be / would have been** a personal trainer now, that is, if I **h continued / had continued** working out every day like I used to.