



# ENGLISH

## Chapter 16 Session A

**5th**  
SECONDARY

**MIND AND BODY**  
Mental Health

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# 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 Bullying, depression, suffer.
- 2 Psychologist, prevention, recovery, self-esteem, therapy, treatment.
- 3 Balance, self-esteem, prevention, recovery.
- 4 Loss, suffer.

2



Listen and repeat.



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

- a It's so important to have balance in your life – too much work isn't healthy at all.
- b The loss of a pet can be a very sad moment for children.
- c Bullying is a serious issue in schools these days and is very hurtful to the children who are the target.
- d People often forget that prevention is an important part of mental health – it's better to stop problems before they even begin.
- e My sister has a condition 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** 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



Read and listen. Check your answer to activity 1.

Brain training is a series of mental activities said to maintain or improve cognitive abilities.

- 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 results.
- b** Brain training is also known as cognitive training.
- c** Brain training is said to help the elderly with memory loss.
- d** Critics claim that there is no evidence to support brain training.
- e** If using brain training, it is important that the games are challenging enough.

#### 4 Answer the questions.

a How are brain training apps 'easily accessible'?

They are available on phones and have low costs.

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

Focus on work: become more intelligent.

c What do critics say people are actually learning?

People only learn how to get better at the brain training games.



- d What two characteristics should brain training games have?

Challenge; variety.

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

We will only know the truth at some point in the future.



## VOCABULARY 1

### Mental Health

**1** Reorder the letters to make mental health words.

**a** alacebn \_\_\_\_\_ balance

**b** ocniotdn \_\_\_\_\_ condition

**c** voeninptre \_\_\_\_\_ prevention

**d** lsef-semete \_\_\_\_\_ Self-esteem

**e** fesfru \_\_\_\_\_ suffer

**f** hryptae \_\_\_\_\_ therapy

**2** Match the suffixes to the base words to make nouns.

- |   |   |           |   |      |
|---|---|-----------|---|------|
| a | 4 | bully     | 1 | ion  |
| b | 1 | depress   | 2 | ment |
| c | 2 | treat     | 3 | ist  |
| d | 5 | recover   | 4 | ing  |
| e | 3 | psycholog | 5 | y    |

- 3** Complete the text with the correct forms of the word in parentheses. Add an article if necessary.



A few years ago I was in a car accident. Fortunately, no one **a** suffered (suffer) any serious injuries, but the experience made me afraid to travel by car. As you can imagine, this threw my life out of **b** balance (balance). I talked to several **c** psychologists (psychologist) who prescribed different **d** treatments (treatment), but none of them worked. In the end I made **e** a full recovery (full recovery) thanks to my family, but it took a long time and I still don't own a car!

#### 4 Write the words for the definitions.

- a the act of avoiding something from happening:

Prevention

- b the feeling that you are as important as other people and that you deserve to be treated well:

Self-esteem

- c a form of treatment for an illness or medical condition:

Therapy

- d** a medical condition where a person is so unhappy that they cannot live a normal life:

Depression

- e** behavior that frightens or hurts someone smaller or weaker:

Bullying

- f** a feeling of sadness that you have when someone leaves or dies, or when you no longer have something:

Loss



**THANK YOU**