

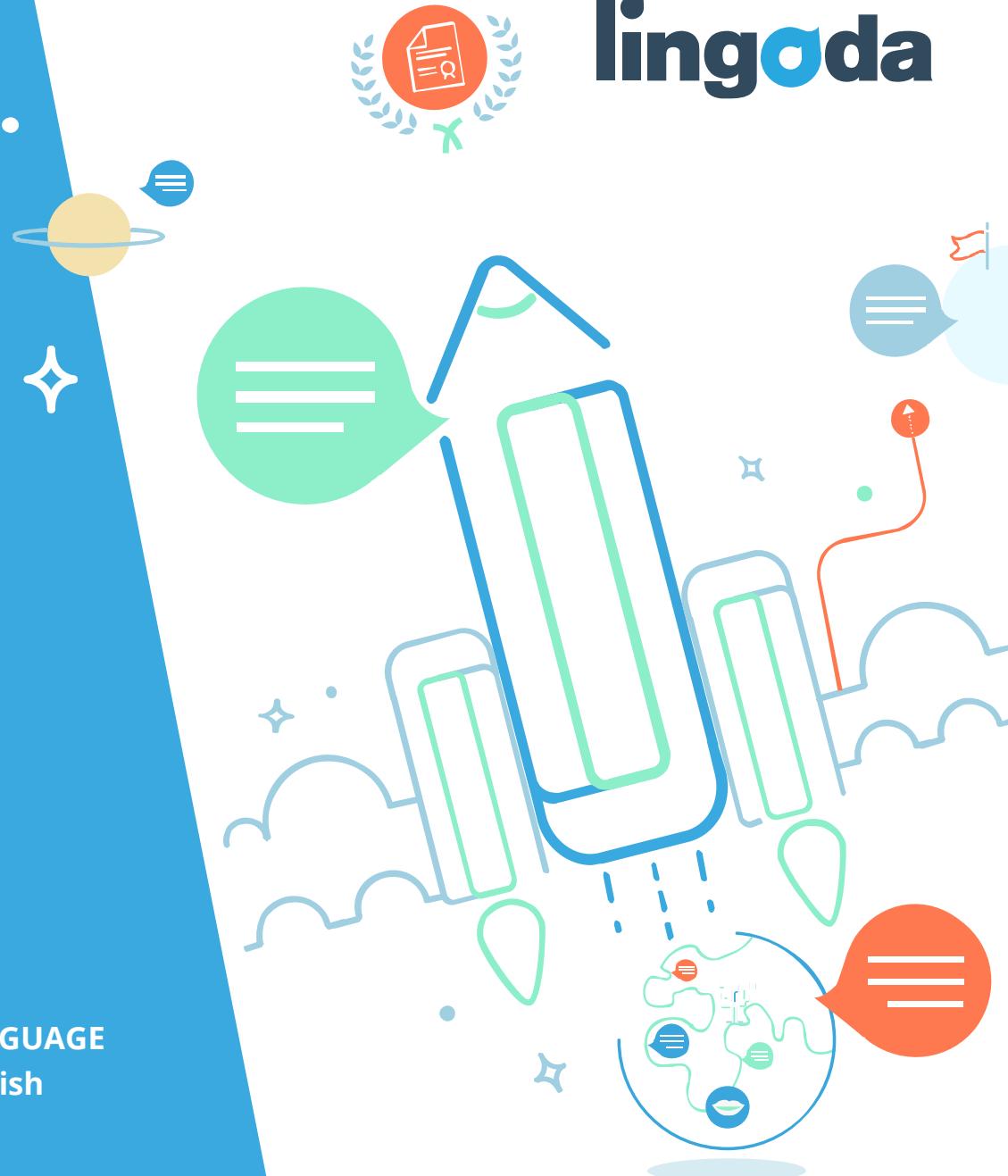
Coping mechanisms

SPEAKING

LEVEL
Advanced

NUMBER
C1_3068S_EN

LANGUAGE
English





Goals

- Can understand and recall some more advanced vocabulary related to mindfulness and coping mechanisms .

- Can maintain an in-depth discussion on self-help and explain how some coping mechanisms can be destructive.







Stress

How do you cope with stress?

Talk to your teacher about what the word 'stress' means to you.





Talk to your teacher

How we manage and deal with our levels of stress has a direct bearing on our health and wellbeing.

Talk about each of the coping strategies below with your teacher.

denial

going for a run

watching TV

meditation

coping mechanism

A **coping mechanism** is the way in which an individual deals with stress or difficulty in his or her life. There are many different kinds of **coping mechanisms** and they are specific to each person. What works for one person might not work for another.



Playing guitar is my favourite way of staying calm. It's the best **coping mechanism** I've found so far!



Coping mechanisms



In the complexity of our modern lives it is not always easy to cope with the tension and stress we are faced with. Humans, with our complex behaviour, handle the anxiety by utilising a range of coping mechanisms. Coping methods can be divided into strategies which are healthy for us in the long term, and those that are not. Destructive methods, while **relieving** stress at the time, can end up creating their own harmful problems later on. Positive choices about how to manage stress can **diminish** hardship and **enhance** one's quality of life.



Coping mechanisms

Our approach to dealing with stress in our lives plays a large part in shaping who we become. **Negotiating** a difficult period in our life constructively can strengthen our character and help us grow in maturity. **Conversely**, engaging in destructive coping mechanisms can cripple personal development and complicate our personal and emotional issues.



Coping mechanisms



The act of sitting quietly and focusing on your natural breathing can allow your thoughts to settle and wipe away stress and unease. Meditation has been widely practised for thousands of years and opens the door to deeper relaxation and **tranquility**. Practised effectively, it can clear the **tangle** of thoughts racing through your mind and **foster** greater levels of attention. Reducing negative emotions in this way is an extremely positive way to cope with periods of stress and contribute to a calm, clear and balanced state of mind.



Vocabulary

to diminish

Something reducing or being reduced in size or significance.

to negotiate

Besides meaning to discuss and reach an agreement with someone, the verb **to negotiate** can also refer to dealing with a problem or finding one's way through a difficult route, like a maze or path full of obstacles.

to enhance

Enhancing something means to improve it, or make it bigger or better in some way.

to foster

Fostering something means encouraging its growth or development.



New words

conversely

Lee would prefer not to work at all, but **conversely**, does quite enjoy his job!



tangle

Why is it that wires always get into such a **tangle**?



tranquility

She put a huge effort into cultivating an atmosphere of **tranquility**.



to relieve

Drinking lots of water will usually **relieve** a bad headache.



mindfulness

Mindfulness is a practice that brings complete **psychological awareness** to the present moment. It has been found to improve both mental and physical health.



Josie got home after a long day and decided to practise her **mindfulness** exercises.



Ranking activity

Rank the coping mechanisms below from positive to negative. Talk to your teacher about some of your choices.



What should I do?

Distancing
yourself from
others

Baking a cake

Listening to
sad music

Learning a
foreign
language

Going on a
bike ride

Going to the
gym

Doing nothing

Shopping

Working
harder

Blaming
others

Drinking
coffee

Playing video
games

Going to sleep

Denying there
is a problem
at all

Getting a
massage

Eating
excessively



Vocabulary

What were these phrases referring to in the article?

1. ...it is not always easy to cope with the tension and stress we are faced with.
2. ...end up creating their own harmful problems later on.
3. ...contribute to a calm, clear and balanced state of mind.
4. ...strengthen our character and help us grow in maturity.
5. ...strategies which are healthy for us in the long term, and those that are not.
6. ...cripple personal development and complicate our personal and emotional issues.
7. ...clear the tangle of thoughts racing through your mind and foster greater levels of attention.





Meditation

"The act of sitting quietly and focusing on your natural breathing can allow your thoughts to settle."

What possible benefits could someone gain from regular meditation? Discuss with the teacher.



increased
attention span

stronger
relationships

lower stress

greater
awareness



List

**What do you know about meditation?
Brainstorm a list of things you know about the practice.**

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Meditation

Good morning! After waking this morning you decided to try meditating for 15 minutes, in lieu of your morning coffee.

Describe how you feel to the teacher.

Immediately after waking up I...

One of the first

Now the day is finished I...

-
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Get ready to listen



The next few slides will focus on
training your listening comprehension



Listening activity

As you listen to your teacher read, make notes to answer the following questions.



1

The text talks a lot about mindfulness. What is it?
Note down 2 other facts mentioned about it.

2

What does the text say is important about our approach to dealing with stress?

3

What does the text say about destructive coping mechanisms?



New vocabulary

Match each of the new vocabulary items in bold below with their synonym or definition.



mindfulness in practice

outlook

insomnia

difficulty reacting
to everyday
demands of life

state of
confusion or
uncertainty

maladjustment

to cripple

cultivation

to get in the way
of or cause
damage to sth

to amplify

to savour

perspective

to increase
something's
size or effect

development,
improvement

the inability
to sleep

tumult

to enjoy as
much as
possible



Solutions to stress

Write a list about the things in your life which can make you feel stressed.

Talk to the teacher about possible solutions to each of these sources of negativity.

Causes of stress

Possible solutions

What makes you feel great?



Wh-cleft review

We can invert sentences using the **what-cleft** to help us write sentences giving advice.



What you can do is be more open about your feelings with each other.



What can you do?

Give each of the people below advice about how they can cope with stress in a more positive way. Try to use the wh-cleft sentence inversion to introduce your sentences.





Psychologist's advice

You are a psychologist. One of your patients – your teacher – has come to you for some advice. They are very stressed about work and are looking for ways to cope with their workload.

Give your teacher some good advice about how to cope with their problem in a healthy and positive way!



Let's discuss some of
your coping
mechanisms...

What you can do is...

I would recommend
trying...



Talk to your teacher

What are some techniques you can use to promote mindfulness in your life?



Discuss each of the methods below

Meditation

Exercise

Go for a walk and notice the sights and smells around you

Listen to your body



Write a mindfulness guide

Guide to greater mindfulness

Mindfulness can help to improve our wellbeing by...

There are many ways to practise mindfulness...

You have decided to run a local seminar to increase local awareness of mindfulness in the community.



Warm down

What have you learned about coping mechanisms and self-care after this lesson?

Are there any habits or practices you think you will alter? Why?



Reflect on the lesson

Take a moment to review any new **vocabulary, phrases, language structures** or **grammar points** you have come across for the first time in this lesson.

Review them with your teacher one more time to make sure you don't forget!





Transcription

The cultivation of mindf ulness is one strategy which has been proven to ease stress levels. In the tumult of busy periods it is easy to rush and lose connection with the present moment. Mindfulness directs the mind to the present moment, encouraging full attention to the feelings of the body and the surroundings. Western world. Shifting your perspective from abstract anxieties and becoming present can foster deeper connections with others, allow us to better savour the simpler pleasures of life and improve a range of physical ailments. Insomniacs find that their sleeping patterns improve, while many who suffer from depression or mental illness report gaining perspective on irrational or self-defeating behaviours. Our approach to dealing with stress in our lives plays a large part in shaping who we become. Negotiating a difficult period in our life constructively can strengthen our character and help us grow in maturity. Conversely, engaging in destructive coping mechanisms can cripple personal development and complicate our personal and emotional issues. Ignoring the source of your stress, overworking or distancing yourself from others can lead to maladjustment and a profound sense of misery. Destructive coping mechanisms fail to address the causes of stress and can amplify problems rather than solve them. Fortunately it is never too late to make a choice about how you cope with stress.

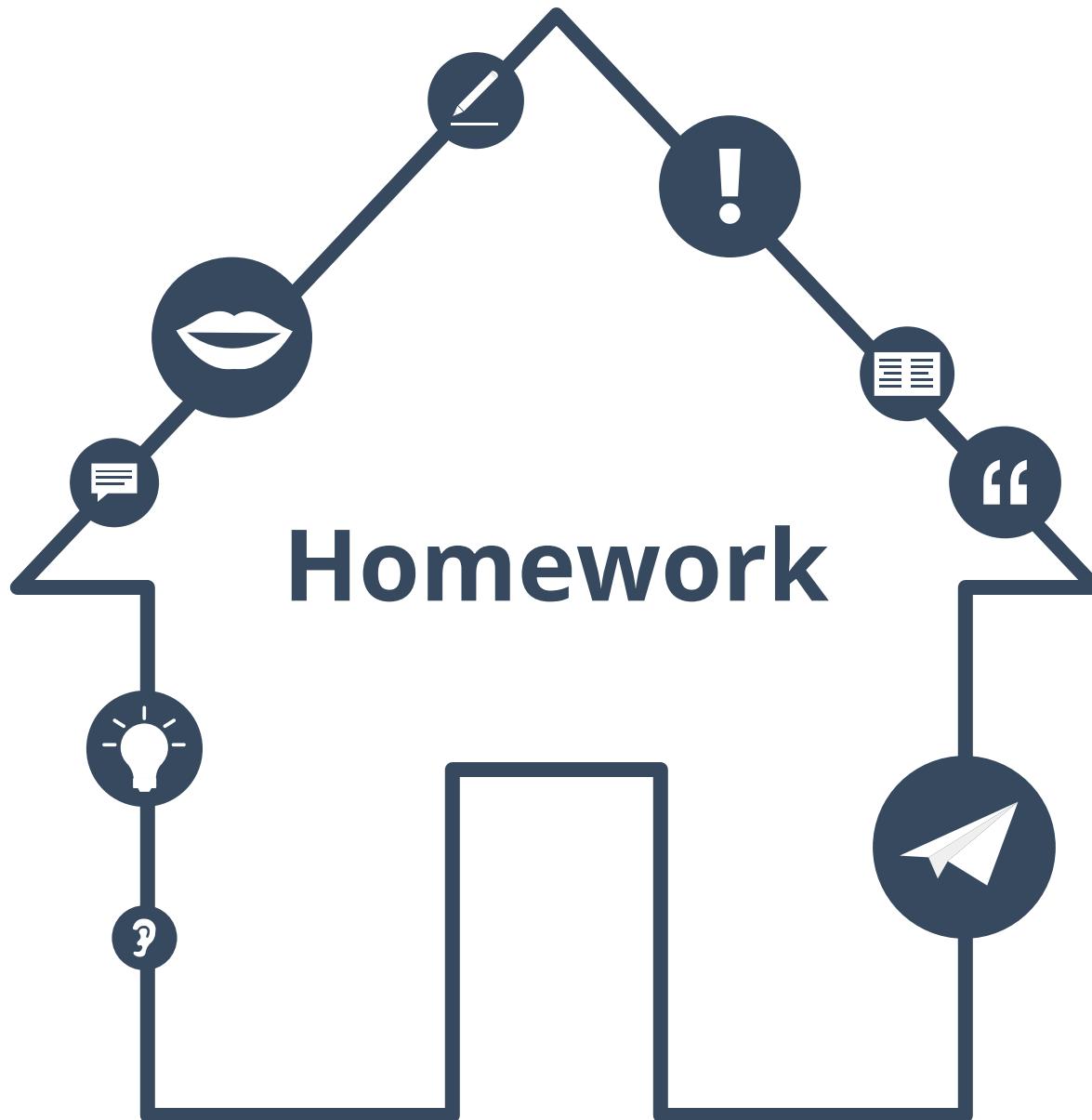
Basic meditation is an effective practice to increase your own levels of mindf ulness. That their sleeping patterns improve, while many who suffer from depression or mental illness report gaining perspective on irrational or self-defeating behaviours. Our approach to dealing with stress in our lives plays a large part in shaping who we become. Negotiating a difficult period in our life constructively can strengthen our character and help us grow in maturity. Conversely, engaging in destructive coping mechanisms can lead to maladjustment and a profound sense of misery. Destructive coping mechanisms fail to address the causes of stress and can amplify problems rather than solve them. Fortunately it is never too late to make a choice about how you cope with stress.



Answer key

Cultivation - develop or improve, tumult - state of confusion or uncertainty,
perspective - outlook, to savour - to enjoy as much as possible, insomnia - the
inability to sleep, maladjustment - difficulty reacting to everyday demands of life, to
cripple - to get in the way of or cause damage to something, to amplify - to increase
something's size or effect

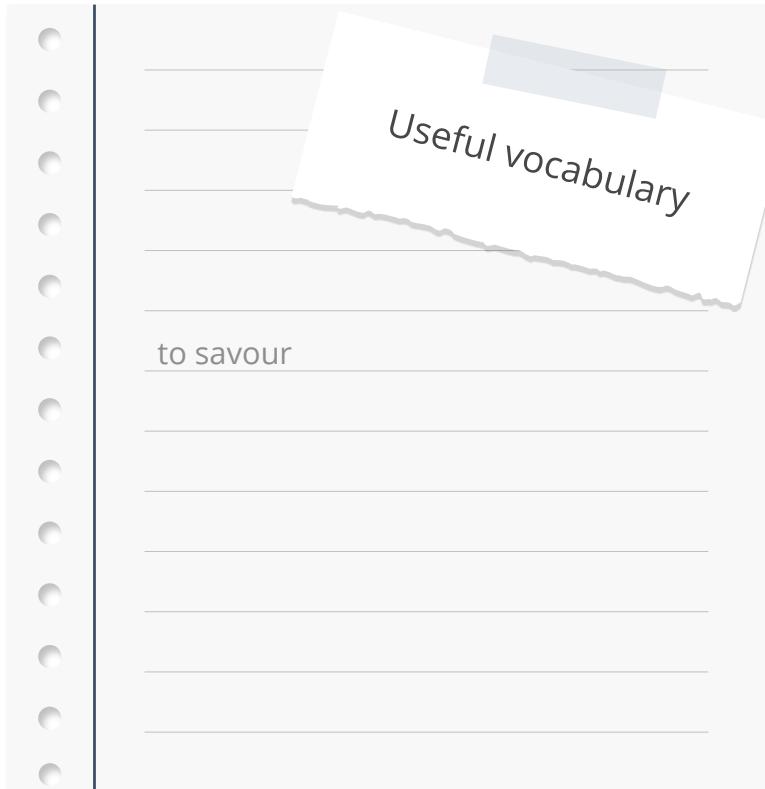
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New vocabulary

Write a list of your favourite words from the lesson.





Email

Write an email to a close friend who you know is suffering from stress.

In the email summarise what you have learned about positive coping mechanisms in this lesson and give them some advice



To:

Subject: Hey buddy!

Hi _____

How have you been? I've noticed you've been working really hard lately, and was thinking...



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