
BBC LEARNING ENGLISH

Real Easy English

Worries



This is a transcript of a spoken conversation and is not a word-for-word script.

Neil

Hello and welcome to Real Easy English. In this podcast, we have real conversations in easy English to help you learn. I'm Neil.

Georgie

And I'm Georgie. Remember, you can watch a video version of this podcast on our website, bbclearningenglish.com.

Neil

How are you today, Georgie?

Georgie

I'm very well, thank you, today, Neil. How are you?

Neil

I'm OK. I've got one or two little **worries**.

Georgie

Have you? Well, that's interesting because we are talking about **worries** today in this podcast. **Worries** are problems that make you feel upset or scared. So shall we start the conversation?

Neil

Let's do it.

Georgie

So, Neil, you said you've got a couple of little **worries**. Do you want to share them?

Neil

Yeah. I think, I think when you have kids, you're kind of slightly **worried** all the time. And yesterday, my son got hurt playing cricket. And so this morning, I just wanted to make sure he was feeling OK before he went to school.

Georgie

And how was he this morning?

Neil

He seemed OK. Yeah, he seemed a bit bruised.

Georgie

Oh, no. An injury to the knee or something?

Neil

Shoulder.

Georgie

Ouch.

Neil

And arm.

Georgie

Gosh.

Neil

Yeah.

Georgie

And do you... Are you someone that **worries** a lot?

Neil

No, not really. Sometimes, but I think there's lots of stuff that you can **worry** about. And if you, if you **worry** about all of it, it can really affect you badly. So I try, I know it's difficult sometimes, not to **worry** too much about things that aren't so important.

Georgie

My thing is that **worrying** about a problem or a thing doesn't actually help. So I'm, I'm in general, I'm a person that doesn't **worry** too much. I kind of just think whatever happens, happens. So I'm generally quite **chilled** and relaxed.

And yeah my friend always says that to me because she's someone that **worries** a lot about everything. Travel, you know, all of those things. And she always says,

"how are you always so relaxed about things that go wrong?" But you can't change, you can't change them, so...

Neil

That's true. That's a very healthy attitude probably.

Georgie

So I don't tend to **worry** a lot. But you, you **worry** a little bit because you have kids. What kinds of things do you do to make yourself feel more relaxed?

Neil

Well, I think, like you said, one useful thing to do could be to try to be rational. So to think that what you're **worried** about probably isn't that important or, or likely to happen.

Neil

But, yeah. So you're quite **chilled**, as you said. That must be nice for your friends.

Georgie

Yes.

Neil

And if you have, like you said, a friend who's, who **worries** about everything, how do you help them?

Georgie

Finding maybe a distraction. Like something that makes you feel good. Like a TV programme that you love. Or seeing friends, that love you, that can make you feel more relaxed. Mindfulness techniques as well. Maybe jigsaws. I've talked about puzzles in the past. Do you have any other tips?

Neil

No. These are all very good ideas.

Georgie

Thank you.

Neil

Yeah. I think it can be useful to have something that distracts you. Like maybe drawing, listening to music, playing an instrument can help. Something that just kind of takes that time away.

Georgie

It takes your mind off the the stress. Yeah.

Neil

OK. Let's recap the vocabulary we heard during the conversation, starting with **worry**. A **worry** is a problem that makes you feel upset or scared, and **worry** is also a verb. So for example, I **worry** about my kids.

Georgie

Yes, and we also use the adjective **worried** to describe that feeling of being scared or upset about something. For example, I'm **worried** about climate change.

Neil

And we heard the expression **take your mind off** something, which means to do something to stop you **worrying**. For example, I play my guitar to take my mind off my **worries**.

Georgie

We also heard **chilled**, which is another word for relaxed or calm. And it's quite an informal word.

That's it for this episode of Real Easy English. Try the worksheet on our website to test what you've learned. Go to bbclearningenglish.com.

Neil

Next time we'll be talking about our brains. See you then.

Georgie

Goodbye.