

# How Do People Cope With Depression?

## Discussion

I have a mortgage. I need to pay it back every month.

It's not a small amount of money.

You have bought this house as an investment.

Do you have tenants?

A house in the USA already has tenants.

There are two big apartments in China, I want to sell them.

I had tenants before, but now I want to sell on of them.

A rent from a tenant is passive income, why don't you use it.

I am depressed about it.

How do you cope with depression?

I do exercises, talk with close friends and family members, sometimes eating and drinking can help as well, etc.

When was the last time you made a new friend?

I sold an apartment, the people really wanted it.

We ate and drank sometimes. I felt very good.

## Grammar

### Adjectives

They are used in two ways, directly before a noun, or with verb "to be".

He is a depressed(adj.) man. (adjectives comes directly before a noun.)

He is depressed(adj.). (adjective is matches with a noun by verb "to be")

Don't use "have" with adjectives.

## Vocabulary

### New words

1. irritable(adj.)
2. crave(verb)
3. deficiency(noun)
4. refined(adj.)
5. skip(verb)
6. initiate(verb)
7. cultivate(verb)
8. discern(verb)
9. isolation(noun)
10. optimism(noun)

### Useful words

1. tenant(noun):person who rents a property from a landlord.
2. prompt(verb):to cause or bring about.
3. inadequate(adj.):not good enough.
4. retreat(verb):leave or go back.
5. minor(adj.):small
6. major(adj.):big. e.g. We have a major problem.

### Pronunciation

#### Words

1. initiate /i-ni-shi-ejt/
2. discussions /dis-ka-shns/
3. prompted /prom-ptid/
4. prompt /prompt/
5. inadequate /in-a-de-kvet/
6. retreat(verb) /ri-trit/
7. minor /maj-nr/