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1. When you feel stressed or depressed and disappointed, you can try turning to ~~the~~ do some leisure exercises or happy things.
2. Biden had made full preparation for the election of the U.S. ~~for~~ president, so it ended up with his success.
3. We should keep it in mind that it's important to keep ~~her~~ healthy, have a balanced life and make health exams in a period.
4. The government called on the citizens to store enough food while the epidemic breaks out, in case of unexpected needs.
5. Each time I faced with a difficulty, my elder sister always ~~inspired~~ inspired me not to give up with the ~~str~~ story of the household name.

● Vocabulary Focus

I. Key Vocabulary

1. Match the words and expressions in Column A to the meanings in Column B.

— A —

1. inspire *c*
2. handle *f*
3. call on *e*
4. upset *a*
5. scared *h*
6. trust *j*
7. bother *b*
8. load down with *d*
9. leisure *f*
10. feel like *g*

— B —

- a. to annoy
- ~~b.~~ to make ... worried
- c. to fill sb with the urge to do sth
- ~~d.~~ to give sb/sth a lot of heavy things to carry
- ~~e.~~ to demand ... to do sth
- ~~f.~~ time when one is not working
- ~~g.~~ to want to have or do sth
- ~~h.~~ frightened
- ~~i.~~ to manage (a problem)
- ~~j.~~ to have confidence in sb

2. Complete the passage with the appropriate forms of the words and expressions in Exercise 1.

When I was 16, I was diagnosed with severe anxiety disorder. You don't truly know what anxiety 1 tells you unless you've experienced it yourself. It's something that tears you apart. There is always a lot on your mind. I was 2 loaded down with homework and was 3 scared about exams coming up. Fortunately, I met someone I could 4 trust — my counsellor. She 5 inspired me to stay positive and taught me how to 6 handle my fears.

II. Topic-Related Expressions

Complete the passage with the appropriate forms of the given expressions. Note that there are two more options than you need.

- | | | | |
|------------------------------|-----------------------|------------------|---------------|
| stress out | life or death | end up with | keep sb alert |
| run away from one's problems | react to an emergency | key to survival | |
| turn on stress response | keep worries away | handle a problem | |

Stress is the unpleasant feeling you get when you're worried, scared, angry, frustrated, or overwhelmed. Even though stress is unpleasant, it's not always a bad thing. It is an important survival tool and can 1 keep us alert and focused. Ages ago, when people lived in the jungle — where a tiger might leap out at any moment — the emergency nervous system was 2 key to survival. A lot of stress changes our bodies quickly and helps us 3 react to an emergency. In the modern world, our biggest worries aren't usually about 4 life or death. We don't really have to 5 run away from one's problem, but we all have problems and worries that 6 turn on stress response, like that panicky feeling you

sometimes get when you're studying for a big test. If you feel **7** stressed out, you can practise some relaxation techniques. Do breathing exercise, listen to music, write in a journal, play with a pet, go for a walk or a bike ride, or do whatever helps **8** keep worries away.

• Grammar in Use

Infinitives 2— used as subjects and predicatives

1. Read the sentences and answer the questions below.

- A. To have a balanced life is the best way to keep stress away.
- B. It is still necessary to share your feelings with others.
- C. Your heart seems to stop, knees become weak, and you begin to sweat.
- D. What they did was (to) collect data and analyse the problem.

1. Which infinitive clause in the above sentences is a subject? And which is a predicative?
2. What is the function of "it" in Sentence B? subject

Grammar Highlights

Infinitives as Subjects

- In everyday speech, it is common to use **it** as the formal subject and the **to**-infinitive clause at the end of the sentence for balance.
e.g. *It is important to be honest with yourself at all times.*
- In dictionary definitions, quotes and poetic speech, the **to**-infinitive is usually placed at the beginning of a sentence.
e.g. *To know what it is that you know, and to know what it is that you do not know — that is understanding.* — Confucius

Infinitives as Predicatives

- The infinitive follows a linking verb to describe, identify or rename the subject.
e.g. *What is essential is to stick to a healthy diet.*
Our top priority is to ensure the safety and well-being of our employees.

An infinitive clause has a meaning that is more hypothetical than that of the **-ing** clause. It is commonly used to report intentions, desires, efforts and perceptions.

Compare:

The best way to predict the future is to create it.
My favorite pastime is reading books.

