

Unit 2

Are happier people healthier? Exercises 3+4

Comprehension

3 Read the article again and answer the questions.

1. What are the possible effects of anger and stress on someone's health?

They can raise blood pressure and cause headaches, sleep problems and digestive problems, as well as leading to illnesses such as heart disease.

2. What is controversial about the researchers' study?

Many other researchers believe that bad lifestyle choices are responsible for these problems and not an individual's attitude.

3. What is your opinion of the researchers' findings?

I agree with the researchers' findings because most health problems are caused by bad and negative feelings. So, if we try to be happy and optimistic, our perspective on life would change and we could deal better with our problems without any stress.

Vocabulary

4 a. What feeling does each of the idioms in bold from the text refer to?

A. happiness B. **sadness** C. fear D. **anger**

feel a bit blue = sadness

• **see red = anger**

b. What do the following colour idioms in brackets mean?

1. Have you heard the good news? We've got **the green light** to go ahead with our project!

(the green light) **Permission**

2. Luckily, the police arrived and the thief was caught **red-handed**.

(red-handed) **in the act of doing something wrong.**

3. I was shocked when I heard the news. It came completely **out of the blue**.

(out of the blue) **unexpectedly**

4. Nobody goes to the new private sports club. The building is **a white elephant**.

(a white elephant) **a useless possession**

6 Listen again and answer the questions.

1. What made the teacher angry on her journey to school?

2. What was she worried about?

3. What did she do to make herself feel calm?

4. What does Zainab do when she starts to get angry?

5. What synonym for angry does Sami use?

6. What does Sami do to control his anger?

Answers:

1. **The amount of traffic on the roads when she was driving to school made her angry.**

2. **She was worried she would be late for her class.**

3. **She took a deep breath, held it for a few seconds and then slowly let it out. Each time she breathed out she imagined she was pushing the anger away.**

4. **She counts to ten.**

5. **cross**

	6. He recites verses from the Holy Quran	
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Activity book exercise 7 page 12

7 Sentences 1–4 contain incorrect information. Correct them, using the phrases in the box. One phrase is not needed. The first one is done for you.

**conventional medicine / produce antibodies
/children and teenagers/ better and healthier lifestyle
choices/ suffer from health problems/ relax/get some
exercise**

1. A good way to cope with **stress** is to work extra hard.

No, it isn't. You should try to relax and get some exercise.

2. Complementary medicine can be used to immunise people.

No, it can't. You can immunise yourself using conventional medicine because it produces antibodies.

3. Optimistic people make bad lifestyle choices.

No, they don't. They make better and healthier lifestyle choices.

4. **Seeing red** has positive effects on your health.

No, it doesn't. You often suffer from health problems.

