The Healthy Mind clinic

1 Speaking

Work with your group and answer the following questions.

- Do you agree with the saying *'Healthy body, healthy mind'*? Why/Why not?
- Do you think life today is more stressful than life 20 years ago? Why/Why not?
- Have you ever tried any alternative therapies to combat stress? Why/Why not?
- Do you think you have a good work-life balance? How could you improve it?
- What methods do you use to try to relax and cope with stress in your life?

2 Listening

You are going to listen to a radio programme on five tips to reduce stress and feel happier.

- Are any of the methods you talked about mentioned?

Make a note of the advice offered. Which do you agree with?

	Tips	Agree (✓)
1		
2		
3		
4		
5		

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Complete sentences 1-5 then listen again to check your answers.

1. Today on Health Bulletin we're talking about mental health and what you can do to reduce stress and feel happier. _____ a healthy mind will help you find your way through life.
2. Exercise will make you feel good by releasing chemicals called endorphins which block pain and produce a euphoric feeling often called a 'runner's high'. _____ exercise will also help you sleep better.
3. Thirdly, eat well. _____, feeling stressed and tired means we tend to eat more.
4. Learn a new sport or a new language, or learn to play a musical instrument. _____ _____ - doing something new and different will help take your mind off your problems.
5. It's up to you which one you try, but they all have a proven track record. So _____ _____ find out what's on offer in your area. Give one of them a go – you might be pleasantly surprised.

3 Language

The phrases in the previous activity are all used to persuade the listener that something is true. Put the words in the following sentences (1-4) in the correct order.

1. benefits / yoga / It's / fact / has / health / a / that / well / known
2. agree / I'm / problem / solution / can / sure / that / clinic / our / we / your / all / offers / the / to
3. stress / proven / useful / very / this / that / reducing / in / is / It's
4. clinic's / disappointed / You / cutting-edge / won't / our / techniques / be / by

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Work with a partner. Use the language for persuasion to give your opinion about the following topics.

- listening to relaxing music
- going to bed before midnight
- discussing problems
- avoiding caffeine
- exercising for 30 minutes a day
- eating regularly

4 Vocabulary

Complete this table with correct form of the word given.

Verb	Noun	Adjective	Adverb
compare			
		professional	
advance			
		affordable	
	competition/ competitiveness		
	revolution		
rely			

5 Pronunciation

Say the words with a partner and underline the stressed sound in each.

6 Speaking

You are going to pitch a 'Healthy Mind' clinic to try to attract customers. Look at the information on the card you are given and work with your group to plan what to say. Use the language of persuasion and the 'power words' from the lesson.

Listen to the other pitches. Who pitches their clinic most persuasively? Vote for the best clinic.

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