



# MENTAL HEALTH



Scan to review worksheet

Expemo code:

1AU2-53AA-QM78

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## Warm up

In small groups, discuss the questions below.

1. What are some mental health issues?
2. Do you know anyone who had mental health problems? What happened?
3. Why is mental health so important?





## 2

## Vocabulary 1

Part A: Match the word on the left with the definition on the right. Check your answers with a partner.

## Group 1

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|-------------------------|--|
| 1. <u>overwhelm</u> (v) | a. a short period of an activity or emotion that begins suddenly |
| 2. <u>handy</u> (adj.)  | b. affect someone very strongly                                  |
| 3. <u>havoc</u> (n)     | c. become smaller in size or amount                              |
| 4. <u>burst</u> (n)     | d. easy to do  |
| 5. <u>shrink</u> (v)    | e. widespread damage or destruction                              |



## Group 2

- |                            |  |
|----------------------------|--|
| 1. <u>nurture</u> (v)      | a. turn something the opposite way                       |
| 2. <u>reverse</u> (v)      | b. exchange one thing for another                        |
| 3. <u>swap</u> (v)         | c. care for someone/something while they are growing     |
| 4. <u>negligent</u> (adj.) | d. make something ready for action                       |
| 5. <u>prime</u> (v)        | e. failing to give adequate care to someone or something |



**Part B: Fill in the gaps with words from above. Note that two words are not used.**

1. The doctor decided to \_\_\_\_\_ his shift in urgent care in order to attend his sister's wedding.
2. Since changing her thyroid medication, she had a \_\_\_\_\_ of energy in the morning.
3. The doctor believed that the elderly patient had suffered under the \_\_\_\_\_ care of his son's family.
4. The doctors claimed that immunotherapy could \_\_\_\_\_ the tumour in the patient's kidney.
5. Because of the dangerous side effects, the doctor decided to \_\_\_\_\_ the treatment plan.
6. Urgent care was closed for several hours as the nurses were \_\_\_\_\_ due to a staffing shortage.
7. Parents should create a loving environment to \_\_\_\_\_ their child's development.
8. Certain bacterial infections can cause \_\_\_\_\_ and spread to major organs in the body.

**3****Listening for general information**

Watch the video titled "How stress affects your brain" (0:00-04:00). Tick off the topics that were mentioned in the video.

1.  Where stress affects the brain
2.  Effects of chronic stress
3.  Role of cortisol
4.  Role of thyroid hormone
5.  How human babies get stressed
6.  Benefits of stress
7.  How the brain reacts to stress
8.  Activities to counter stress





## 4

**Listening for details**

Watch the video again and answer the questions below. Check your answers with a partner.

1. According to the video, when can stress be helpful?

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2. What can chronic stress do to the brain?

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3. Which hormone is released when stressed?

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4. What is considered the brain's fear centre?

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5. What activities are regulated in the pre-frontal cortex?

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6. In the rat experiment, what happened to the pups whose mothers were negligent?

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7. Which two activities can counter a stressed brain?

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## 5

**Reading for general information**

Quickly read the article below and match the main ideas with each paragraph. Check your answers with a partner. Note that there is one extra answer.

- Finding services for the elderly in the UK
- Impact of loneliness
- COVID-19 and social isolation
- Finding global solutions
- Causes of social isolation
- Social isolation and physical health problems
- Number of socially isolated during COVID-19





## The elderly and social isolation

### A growing problem

A. \_\_\_\_\_

Social isolation and loneliness were two issues that were highlighted during the COVID-19 crisis. While these problems affected all age groups, they are especially a concern for the elderly population because they can trigger other physical and mental health problems. Studies have shown that social isolation may increase depression and anxiety in older adults.

B. \_\_\_\_\_

There are many reasons the elderly become socially isolated. One cause is a lack of social networks after retirement. Many people have solid social connections during their working years. However, once someone retires, the number of these connections may shrink. Another reason is a physical condition such as loss of hearing or vision may prevent people from leading an active life. The loss of a spouse can also lead to social isolation especially if the couple engaged in various activities together.

C. \_\_\_\_\_

Social isolation is also linked to an increase of other health issues such as dementia, heart disease and stroke. Studies have also found that individuals experiencing social isolation have an increase in impaired cognitive ability and depression. This can result in an increase in cortisol which affects the immune system and causes sleep disturbances.

D. \_\_\_\_\_

Social isolation and loneliness are often linked because one may result from the other. While social isolation refers to the number of social relationships one has, loneliness corresponds to the quality of contacts. Recent studies on loneliness in ageing populations conducted in almost 30 countries reveal that about one in four adults experience loneliness. This also has a major impact on both physical and mental health. Studies have shown that loneliness often leads to mental health issues such as depression. It can also significantly increase the risk of developing dementia. In terms of physical health, loneliness may lead to eating disorders, sleeping disturbances, high blood pressure and heart disease.

E. \_\_\_\_\_

In the UK, there are services offered at the community care level. Patients are given links to these services via their general practitioner. This method is referred to as social prescribing as the doctor refers patients to available services within the community. The services could be as simple as having patients being aware of special transportation services that are available. It could also be linked to volunteer organisations that set up weekly visits or phone calls to individuals experiencing social isolation or loneliness.

F. \_\_\_\_\_

The World Health Organisation (WHO) recognises that social isolation and loneliness are two important issues that need to be addressed given the aging populations globally. It calls on governments and local health organisations to make this a priority by setting up community projects to tackle the problems of loneliness. Some possibilities include providing community-friendly activities for aging populations. For example, create weekly social activities such as board games and chat sessions to connect elderly community residents.

*sources: evidence.nhr.ac.uk, who.int*



## 6

**Reading for comprehension**

Read the text again and answer the questions. Check your answers with a partner.

1. What have studies shown regarding social isolation in older adults?

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2. How can retirement cause social isolation?

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3. What health issues may increase as a result of social isolation?

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4. How is loneliness defined?

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5. According to global studies, how many people are affected by loneliness?

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6. How can loneliness impact one's physical health?

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7. What is social prescribing?

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8. Give an example of a service a doctor may refer a patient for.

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9. What does WHO want local governments to do?

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## 7

**Talking point**

Discuss the following questions in small groups.

1. What do you do to overcome stress?
2. Why is a work-life balance important?
3. Some jobs expect staff to spend longer hours at work. What effects can this have on employees?
4. What is being done in your country to keep seniors from social isolation?



## 8

**Optional extension**

Write a 100-word paragraph on one of the following topics. Use five words from the new vocabulary in this lesson. Give examples to support your ideas.

1. What can communities do to counter social isolation in elderly populations?
2. Do you think companies should be involved in employees' mental health issues? Why or why not?

## 9

**Role play**

Work with a partner and do the role plays below. Switch roles so that each person has a chance to be the doctor. Use vocabulary and information from the lesson.

**Scenario A****Doctor:**

Your new patient is a 45-year-old single parent of three children aged 4-12 yrs. The patient is feeling extremely stressed. Listen to your patient's concerns and suggest some activities to manage the stress.

**Patient:**

You are a 45-year-old single parent of three children aged 4-12 yrs. You are working almost 60 hours a week as well as managing all the household chores. You are feeling extremely tired and stressed. Tell your doctor you are concerned about your mental and physical health.

**Scenario B****Doctor:**

An 80-year-old is feeling lonely. Their spouse has recently died and now they spend all their time alone. Find out more about their daily life, eating and sleeping patterns.

**Patient:**

You are 80 years old and your spouse has recently died. You are feeling very lonely. Discuss how this is affecting your daily life.