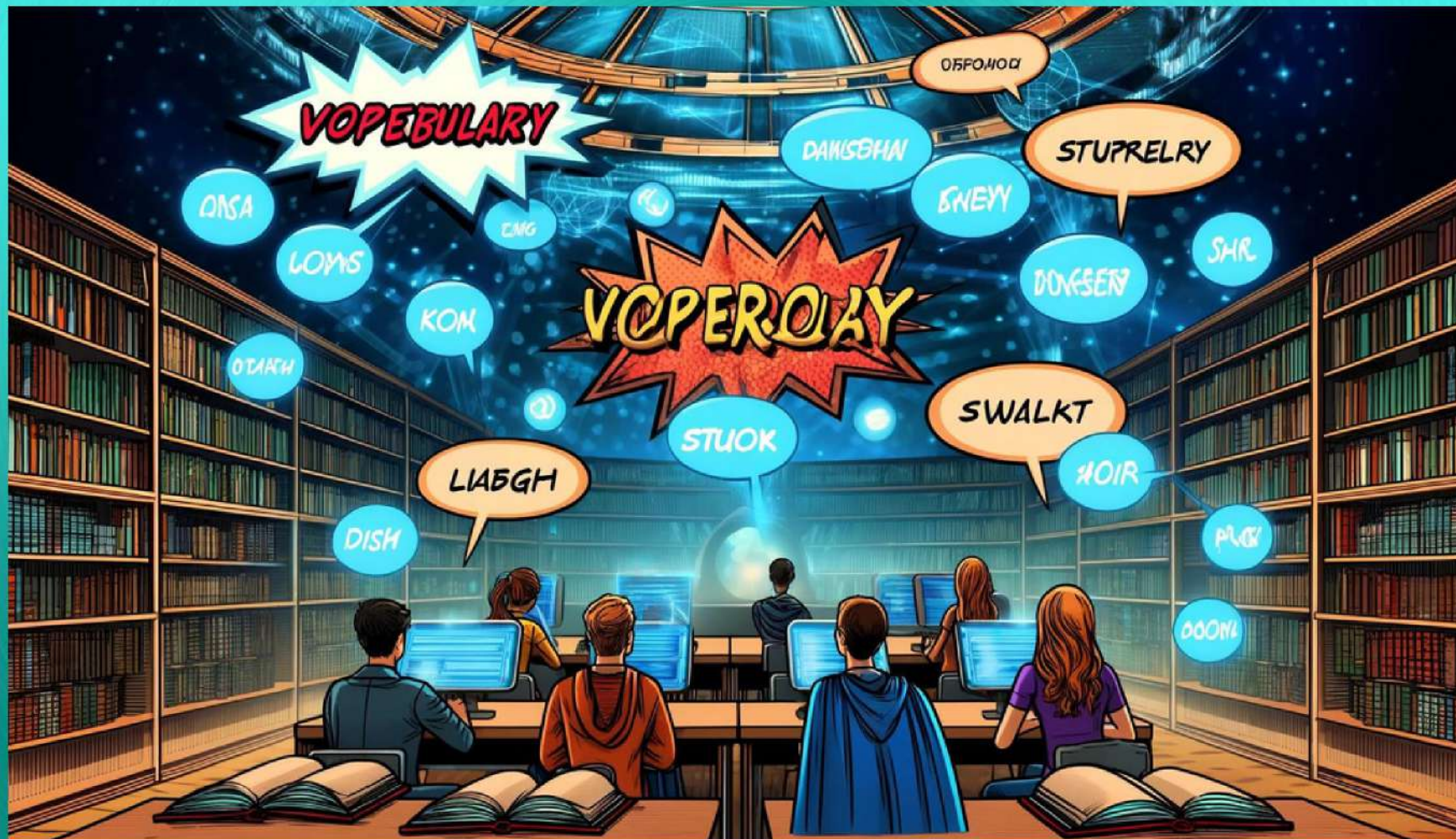


Super English



Unit 17 - Lesson 1 - Wellness

Vocabulary



Wellness - Vocabulary



anxiety: (n) a feeling of worry, nervousness, or unease about something with an uncertain outcome



His **anxiety** peaked as he stepped onto the stage, his heart racing uncontrollably

Wellness - Vocabulary



depression: (n) a mood disorder that causes a persistent feeling of sadness and loss of interest



Feeling sad for weeks, she realized she might have **depression** and decided to seek professional help.

Wellness - Vocabulary



overwhelmed: (adj) having too many things to deal with or feeling very stressed or emotional



Faced with three major projects due on the same day, he felt completely **overwhelmed**, unsure where to even begin.

Wellness - Vocabulary



chaos: (n) complete disorder and confusion



The classroom descended into **chaos** when the fire alarm sounded.

Let's Read!



Let's Talk Mental Health: Why It's Cool to Care

Ever felt like your brain is in a blender? Hey, we've all been there. Mental health might not be the topic of every conversation, but it's as crucial as acing that math test or hitting the gym. It's about how we think, feel, and handle life's rollercoasters. Understanding mental health can seriously up your game in school and life. So, let's get into why it's super important, the common hurdles teens face, and some rad ways to keep your mental vibe high.



Let's Talk Mental Health: Why It's Cool to Care



What does "ride the wild wave of hormonal changes" mean?

Mental health shapes everything: from how you deal with a major bummer (like a bad grade) to how you interact with others (friends, family, that crush...). It influences decisions – big ones like which college to choose or small ones like what to eat for lunch. For us teens, as we ride the wild wave of hormonal changes and social pressures, keeping our mental health in check is key to navigating life without wiping out.



Let's Talk Mental Health: Why It's Cool to Care

Let's break down some usual suspects that mess with teen mental health:

- **Stress and Anxiety:** It's like having a pesky mosquito buzzing in your ear, and it just won't quit. School pressure, social drama, or family issues—it all builds up. Anxiety kicks in when your body responds to this stress, making you feel like you're constantly on edge.
- **Depression:** This one's tricky. It's deeper than the blues you feel after a rough day. Depression can make you feel exhausted, worthless, and uninterested in things that used to make you smile.
- **Eating Disorders:** When the world spins a web of 'ideal' images, it's easy to fall into the trap of eating too little or too much, trying to match those unrealistic standards.



Let's Talk Mental Health: Why It's Cool to Care

Here are some pro tips for keeping your mind in shape:

1. **Chat It Out:** Sometimes, just talking about what's eating you up inside can lighten your load. Whether it's with friends, family, or a counselor, open up and let those feelings flow.
2. **Move Your Body:** Dance, jog, skate, or yoga—get those endorphins pumping! Exercise isn't just good for your abs; it's a natural mood lifter.
3. **Zzz's Please:** Never underestimate the power of sleep. It resets your brain, improving your mood and sharpening your focus.
4. **Eat Like a Champ:** Junk food is tempting, but try to fuel your body with the right nutrients. Good food equals a good mood.
5. **Pause the Play:** Overwhelmed? Hit the pause button. Take a break with something chill, like music, a walk, or just daydreaming.

Let's Talk Mental Health: Why It's Cool to Care

Building a Support Squad

- **Cool Schools and Homes:** Schools and families that talk openly about mental health? Total game changers. They create safe spaces where it's okay to say, "I'm not okay."
- **Friend Force:** Never underestimate the power of your squad. Good friends are there to back you up, no judgement—just support.



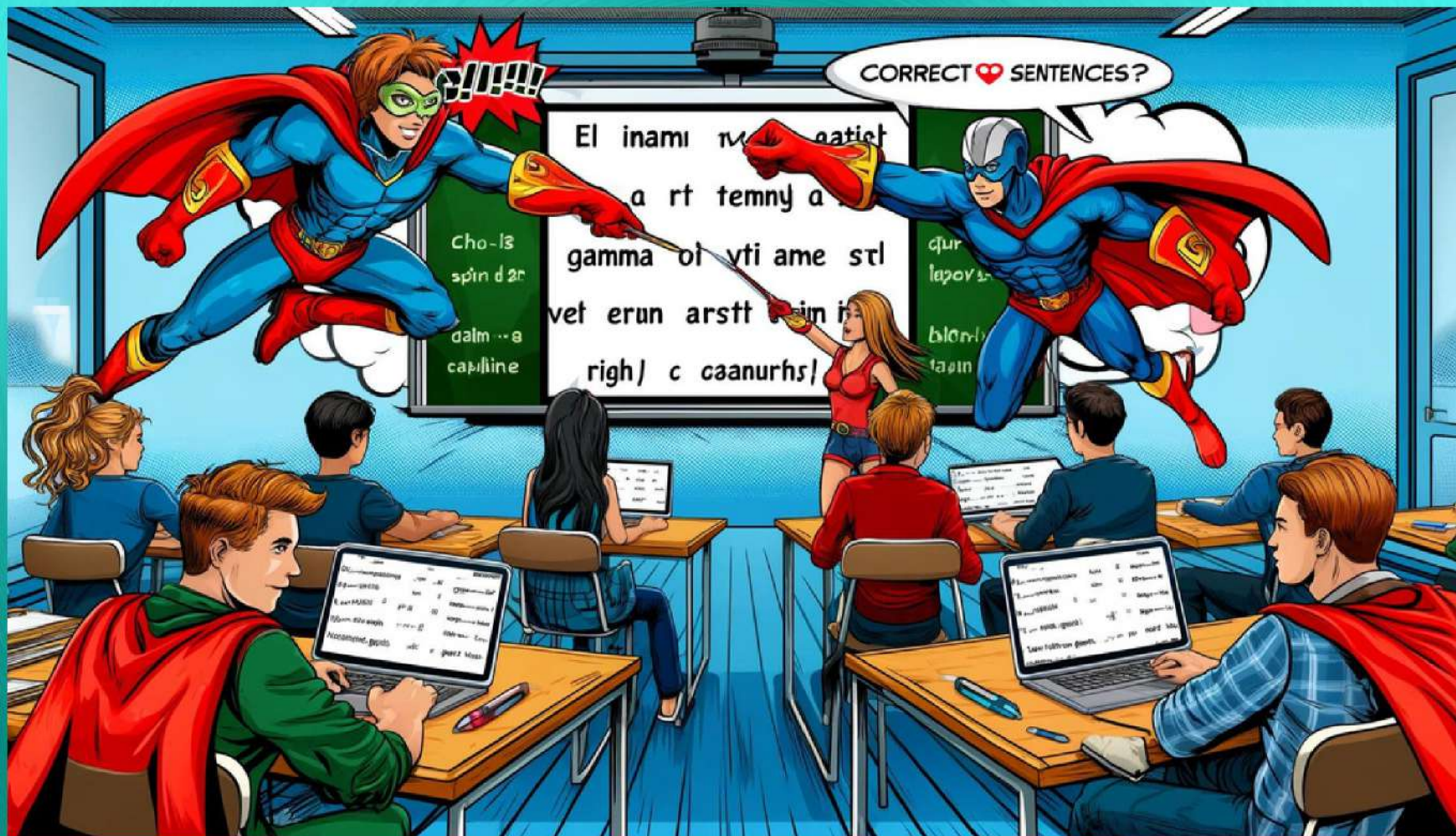
Does your school offer any support for students going through tough times?

Let's Talk Mental Health: Why It's Cool to Care



Rocking your mental health isn't just about dodging problems; it's about thriving, laughing, and pushing through life's chaos. Remember, it's totally fine to seek help and talk about what's going on in your head. The brain is part of your body, after all, and deserves as much TLC as the rest of you. So, keep it real, keep it light, and let's make mental health a bit more awesome to talk about. What are some things you've done to boost your mood?

Grammar





Phrasal verbs with 'come.'

Match the multiword verbs with their meanings.

To have something or someone arrive at a place.

come across

To give a certain impression, make someone feel a certain way.

come
up/down

To move up or down a building or position, or to move from north to south/south to north.

come in/into

To see someone or something without expect to.

come off

Let's Talk!



Dialogue - Wellness



Ava: Hey, Josh, ever notice how much everyone's talking about mental health lately?

Josh: Yeah, it's about time. It's as important as physical health, right?

Ava: For sure. I think everyone should take care of their mental health.

Josh: Agreed. I started journaling last month. It really helps me sort things out and puts my mind at ease.

Ava: That's great. I've been trying meditation. Just a few minutes a day to breathe and be still.

Josh: That sounds great. Does it help?

Ava: Yeah, it's like hitting the reset button. Keeps me from getting overwhelmed.

Josh: I might try that. Anything to get a break from the daily grind, right?

Dialogue - Wellness



Ava: For sure. And just talking like this, being open about it—it helps.

Josh: Yeah, It's not good to keep things bottled up inside, so being able to talk like this is great.

Ava: Yeah, let's keep it going. Maybe we can start a wellness club at school?

Josh: I love that idea! A place to talk and learn how to handle stress better.

Ava: Let's make it happen. It could really help a lot of people, I think.

Josh: Count me in. Showing it's okay not to be okay sometimes is important.

Ava: OK, it's a plan then!

Josh: Sounds great. Let's make it happen!

Phonics!



Suffixes

The suffix **-ology** means 'the study of' and the suffix **-phobia** means 'the fear of.'

-ology

anthropology
biology
cardiology
dermatology
ecology
geology
mythology
neurology
sociology
toxicology



-phobia

agoraphobia
arachnophobia
claustrophobia
hydrophobia
technophobia
acrophobia
bibliophobia
cynophobia
germophobia
photophobia

Super English

See you
Next time!

