

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.

Reading



Why Mental Health Matters

Mental health isn't just a quiet topic adults whisper about; it's something that shapes how we think, act, and survive everyday life. When school gets wild or friendships get confusing, your brain is basically the **captain of the ship**. If that captain is stressed or sliding toward **depression**, everything **feels heavier**. By understanding what's going on inside your mind, you can make smarter choices, stay calmer during challenges, and handle tough moments without feeling like you're totally lost.



1. What does mental health help shape?
2. Why do you think kids and teens avoid talking about mental health?

How Mental Health Affects Daily Life



1. How does the paragraph describe the feeling of anxiety?
2. What things do you find hardest to do when stressed?

Every choice—from what snack you grab to how you respond to a bad grade—is influenced by your **mental state**. Some days it feels like **anxiety** is sitting on your shoulder, whispering worries about everything. Other days you feel steady and strong. Teens deal with shifting moods, **social expectations**, and big personal decisions, so learning how your mind reacts helps you stay confident.

Mental awareness isn't dramatic or weird—it's just one of the smartest skills you can build.

Grammar

G R A M M A R

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 1 – Brain Tabs Everywhere

Maya: You ever get that feeling like your brain has fifteen tabs open?

Leo: Only fifteen? Mine has music blasting too.

Maya: Same. I'm trying those “take a break” strategies.

Leo: Do they work?

Maya: Mostly. At least I stop panicking for a minute.

Leo: Honestly, a minute of peace is a win.

Question: How often do you take breaks to help reset your brain?

Unlocking Word Parts



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



See you next time!

