

Longman English

# Spark!



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# 1 Healthy body, Healthy mind

Look at the pictures. Which unhealthy habits do they show?



Match the pictures with these unhealthy habits:

- A getting too little sleep
- B never taking time to relax
- C skipping meals
- D putting things off until the last minute



Do you have any of these unhealthy habits? Are they unhealthy for your body or your mind, or both? What can you do about them? Tell your partner.



Brainstorm some other unhealthy habits that are common among people of your age. Think of ways to be healthier.



In this unit, you will listen, read and talk about how to have a healthy body and a healthy mind, and write a letter of advice.



Happiness is a big part of our mental health. How can we achieve happiness? Read on to find out.



Read the title of the article. What do you think it will be about?



Skim the article. How many habits for happiness are introduced?

Text 1

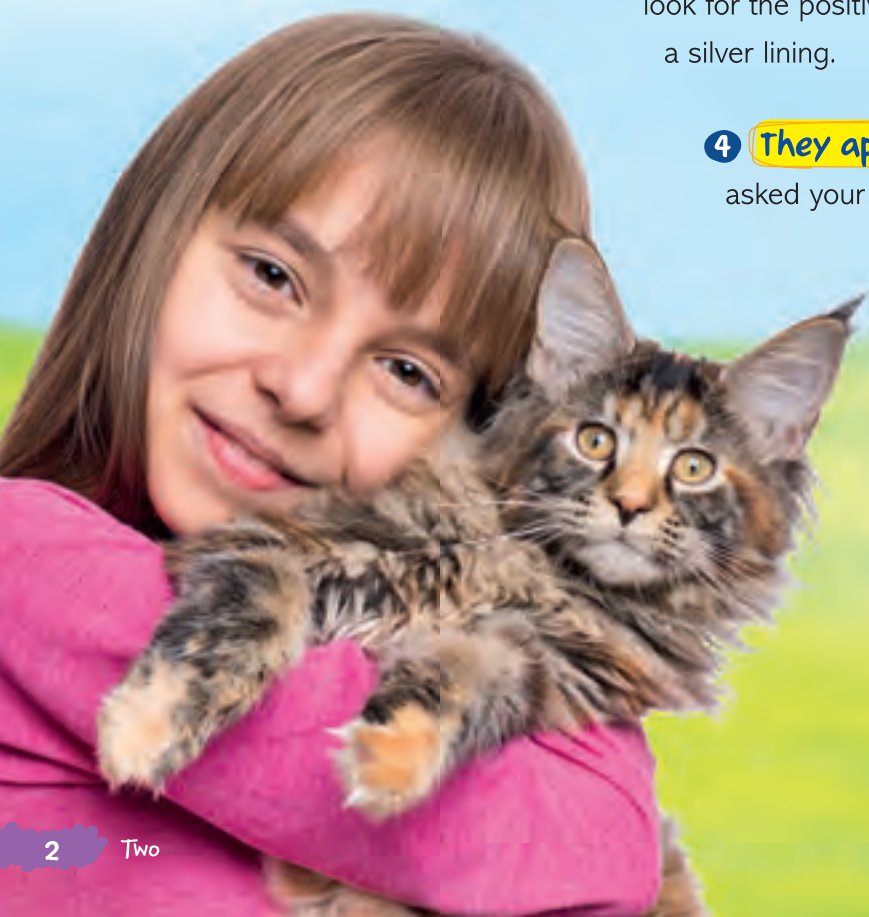


# The habits of

# happy people



- 1 Do we have any control over our happiness? Genes play a big part — some lucky people are just born happier than others — and our environment (where we live, for example) matters too. According to scientists, these factors account for sixty percent of our happiness. The remaining forty percent, however, is up to us. And it can make all the difference!
- 2 Think of it this way. If you were an athlete, you wouldn't be able to rely on talent alone to win medals. You'd need to have good training habits too. And if you had an exam coming up, you wouldn't expect to achieve good results without the right study habits. In a recent study, scientists asked happy people what their habits were. What did they find out?
- 3 **They look on the bright side.** It's easy to get into the habit of negativity, focusing only on the bad aspects of a situation. Happy people look for the positives. We should do this too! Remember, every cloud has a silver lining.
- 4 **They appreciate the simple things in life.** Imagine you asked your friends whether or not money was important for happiness. They'd probably say that it was. After all, money can buy us the latest smartphone, overseas holidays, fashionable clothes, and so on. However, these things don't satisfy us for long. Happy people know how to enjoy simple pleasures, many of which are free, like a laugh between friends, a cuddle with a kitten, or a hike in nature.



### 5 They're grateful for what they've got.

Happy people don't spend time feeling envious of others because they're smarter or better-looking  
 25 (for example), or focusing on what they don't have. You shouldn't either. Every day you ought to think about one thing that you're thankful for. Count your blessings!

### 6 They take time to be kind.

Think about  
 30 what you can do for others. You don't have to do anything big — even small gestures can improve someone's day. And when we do something kind, we get a 'helper's high'. That is, we feel happy too!

7 If we want to be happy (and who doesn't?), we  
 35 should choose gratitude and kindness, and do our best to stay positive. As the poet Helen Steiner Rice says, you have to help yourself to happiness!

## Help yourself to happiness

Everybody, everywhere  
 40 seeks happiness, it's true,  
 But finding it and keeping it  
 seem difficult to do.

Difficult because we think  
 that happiness is found  
 45 Only in the places where  
 wealth and fame abound.

And so we go on searching  
 in palaces of pleasure  
 Seeking recognition  
 50 and monetary treasure,

Unaware that happiness  
 is just a state of mind  
 Within the reach of everyone  
 who takes time to be kind.

55 For in making others happy  
 we will be happy, too.  
 For the happiness you give away  
 returns to shine on you.

Helen Steiner Rice



## Check your understanding

**A** Answer the questions using information from Text 1. For multiple-choice questions, blacken one circle only.

1 Cross out the incorrect words below.

The article is about things that happy people  
(*never / regularly / sometimes*) do.

2 According to paragraph 1, which one of the following statements is NOT true?

- ☐ A Scientists have studied human happiness.
- ☐ B Sixty percent of people are happy all the time.
- ☐ C Some people are naturally happy.
- ☐ D We have some control over how happy we feel.

3 What is the main idea of paragraph 2?

\_\_\_\_\_

\_\_\_\_\_



4 Find a phrase in paragraph 3 which means there is always something good in situations that seem sad or difficult.

\_\_\_\_\_

5 According to paragraph 4, does money make us happy in the long term? Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6 a) What is 'a cuddle with a kitten' (lines 20–21) an example of in the article?

\_\_\_\_\_

b) Think of your own example.

\_\_\_\_\_

\_\_\_\_\_



7 What do the words 'You shouldn't either.' (line 26) refer to?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



8 What is a 'helper's high' (line 33)?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9 Which of the FOUR main habits of happy people in the article (highlighted in yellow) are the following an example of? (*Use each one only once.*)

a) 'Do you need some help with your homework?'

\_\_\_\_\_

b) 'Look at the rainbow! It's beautiful.'

\_\_\_\_\_

c) 'I'm lucky to have parents who love me.'

\_\_\_\_\_

d) 'We didn't win the match but it was fun!'

\_\_\_\_\_



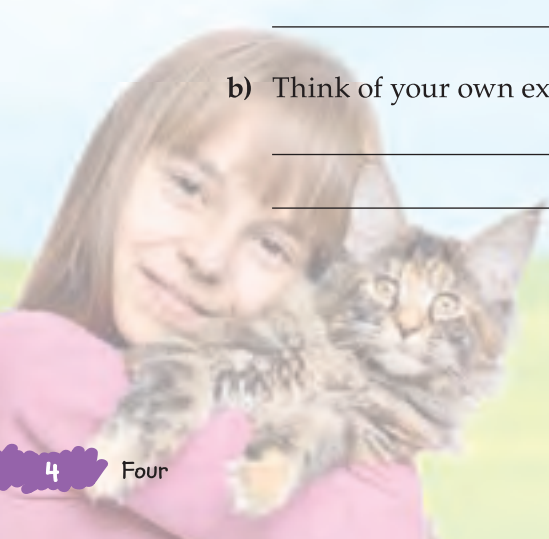
10 Which is the best alternative title for the article?

- ☐ A *Breaking bad habits*
- ☐ B *Cheer up!*
- ☐ C *How to be happy*
- ☐ D *The importance of kindness*

11 How does the use of subheadings help the reader read the article?

The subheadings summarise \_\_\_\_\_

\_\_\_\_\_





It's hard to be happy when we feel stressed, and it affects our physical health too. Read this advice column to find out what you can do about it.

Skim the text. Is it mainly about mental or physical health?

Scan the text. Which two ways of relaxing are described?



## LIVING WELL WITH DR ANDY

Every month, Dr Andy gives readers advice about physical and mental health. This week, he shares two ways to relax.



Text 2



# Two ways to *chill out*

1 A reader recently asked whether I had any suggestions for dealing with stress. People often get stressed because we all lead such busy lives. Here's my advice in a nutshell: you have to chill out! Try these two ways to do that.

2 When we're stressed, we often develop physical symptoms including headaches, sleeping problems and, as a result, fatigue. Lack of sleep, in particular, makes us feel even more stressed. What can we do? Well, if we had lower cortisol levels, we'd feel a lot better. Cortisol is the name of a hormone that our body produces in response to stress. Research shows that a good laugh lowers cortisol production, making it a great way to relax.



### Laughter yoga

3 Laughter yoga — an activity that aims to combine the health benefits of laughter with those of yoga — can help. But what if we don't feel like laughing? It doesn't matter! You don't have to be in high spirits for laughter yoga because voluntary laughter (laughter for no reason) is just as beneficial as real laughter. In any case, since laughter is infectious, most people end up laughing properly before long.

**Yoga** is a system of exercises that help you control your body and mind in order to relax.

### Mindfulness

4 We can start to feel overwhelmed by our thoughts when we're stressed. We may be anxious about the future or sad about the past, or both. At these times, mindfulness can be very useful. The idea is simple — we calm ourselves down by clearing the mind and focusing on the present. Here are some mindfulness exercises for you to try.



**A Breathing**

Make yourself comfortable.

- 25 Put one hand on your stomach. Breathe in through your nose and feel your stomach rise. Then breathe out through your mouth. For  
30 one minute, forget about everything but your breathing.

**B Observing**

It's best to be outside for this exercise. Choose a park or an

- 35 open space near your home. Choose a natural object to focus on (such as a flower, an insect or a cloud), and just observe it closely for a minute  
40 or two.

**C Listening**

This time, focus only on what you can hear. You could listen to music or

- 45 simply the sounds around you. You should shut your eyes to help you concentrate.

- 5 Laughter yoga and mindfulness are just two ways to relax. You ought to try them! At the same time,  
50 you must remember that we're all different. If I were you, I'd experiment with different methods of relaxing and see what works best.

**Check your understanding**

**A** Answer the questions using information from Text 2. For multiple-choice questions, blacken one circle only.

- 1 What word could replace 'chill out' in the title?

\_\_\_\_\_



- 2 Who does 'I' (line 1) refer to?

\_\_\_\_\_

- 3 According to paragraph 1, stress is a \_\_\_\_\_ problem.

- ☐ A common  
☐ B complex  
☐ C growing  
☐ D small

- 4 What do you think the phrase 'in a nutshell' (line 2) means?

\_\_\_\_\_

- 5 Name THREE signs of stress mentioned in paragraph 2.

\_\_\_\_\_

\_\_\_\_\_

- 6 Why do you think lack of sleep 'makes us feel even more stressed' (line 5)?

\_\_\_\_\_

\_\_\_\_\_



- 7 Which one of the following is NOT true according to paragraphs 2–3?

- ☐ A Even fake laughter can make us feel better.  
☐ B Laughter relieves stress.  
☐ C We should only laugh if something is funny.  
☐ D When others laugh, we laugh too.

- 8 According to paragraph 4, mindfulness is useful when we are stressed because it helps us to \_\_\_\_\_.

- ☐ A calm down  
☐ B feel positive about the future  
☐ C think clearly  
☐ D use our time more effectively

## Idioms

An idiom is a group of words with a meaning that is different from the meaning of each separate word. For example, *look on the bright side* means to see the good in a situation that seems bad.

Read Texts 1 and 2 to find idioms matching the meanings below.

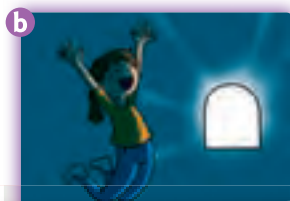
**Text 1** be thankful for the good things you have (paragraph 5) \_\_\_\_\_

**Text 2** happy and energetic (paragraph 3) \_\_\_\_\_

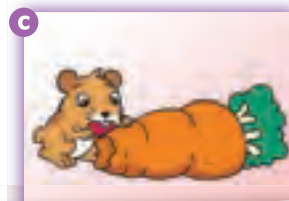
Complete the idioms below. Use the pictures and the key words given to help you.



(be) \_\_\_\_\_ under



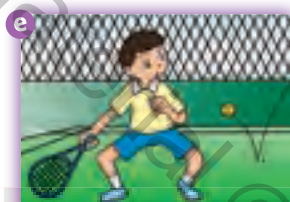
\_\_\_\_\_ at the end  
of the tunnel



\_\_\_\_\_ off more than  
you can chew



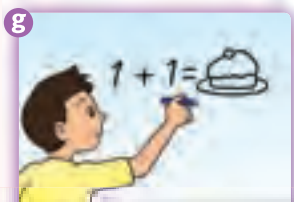
(be) on \_\_\_\_\_ nine



the \_\_\_\_\_ is in your court



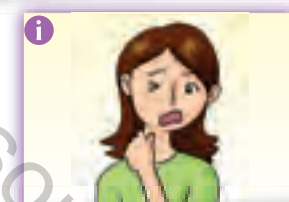
down in the \_\_\_\_\_



(be) a piece of \_\_\_\_\_



\_\_\_\_\_ it under the carpet



(be) a \_\_\_\_\_ in the neck

You can find these idioms in a good dictionary by looking up the key words.

- ball
- bite
- cake
- cloud
- dumps
- light
- pain
- snowed
- sweep

Look at the following sentences. The underlined words can be replaced with one of the idioms above. Write the correct letter in the boxes provided.

- If you have a problem, you should tell someone. Don't try to keep it a secret.
- Ben has been depressed ever since he got his exam results. What can we do to cheer him up?
- I can't meet up this weekend. I'm too busy with work.
- Lucy has been very happy ever since her team won the basketball final.
- It's good to get involved in after school activities, but don't try to do too much. You've got to make time for study as well.
- After two months, the doctor has just told us that Mum can leave hospital soon. Finally there's a reason to be hopeful.
- He's apologised to you already. What are you going to do now? It's your turn.
- Jason is so fit. Running ten kilometres is really easy for him.
- My little sister is so annoying. She keeps coming into my room when I'm working.



## Giving advice and talking about necessity

### Should, ought to

We often use *should* and *ought to* to give advice.

You *should/ought to* stay positive. (The speaker thinks it's a good idea to do something.)

### Must, have to

We can also use *must* and *have to* to give advice. *Must* and *have to* are stronger than *should* and *ought to*.

You *must/have to* give yourself a break when you are stressed. (The speaker thinks it's necessary to do something.)

Sometimes, we use *must* and *have to* differently. We use *must* to say what the speaker thinks is necessary. We use *have to* when we need to do something because others want us to do it.

You *must* keep quiet in the library. (The speaker thinks it's necessary to keep quiet in the library.)

Peter, you look tired. You *have to* get more sleep. (The speaker thinks Peter needs to get more sleep.)

See **Appendix 3** for information on how to form statements and yes/no-questions with **should**, **ought to**, **must** and **have to**.

### Grammar in text

Find examples of *should*, *ought to*, *must* and *have to* in Texts 1 and 2. Which bits of advice are stronger?

### Let's practise

Look at the problems these students have and give them some advice below.

Teen's chatroom		<a href="#">Feedback</a>	<a href="#">Help</a>
Amy	My best friend Karen is not talking to me ... 🙄		
Mark	I have no friends. 😞		
Kenny	I always feel tired. 😴		
Rob	I have headaches every morning. 🤕		
Helen	My parents yell at me all the time. 😡		
...	...		

1 What should Amy do?

---

2 What ought Mark to do?

---

3 What mustn't Kenny do?

---

4 What must Rob do?

---

5 What does Helen have to do? What mustn't she do?

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## TASK

## Write a letter of advice

Throughout this unit, you've learnt that teenagers have worries about many things, including their studies and relationships with family and friends. Now you get the chance to help a teenager with such worries by writing a letter of advice.



**A** Look at these pictures showing some common things that teenagers do to cope with stress and unhappiness. Label them using the phrases from the list.



- do sports
- draw
- eat snacks
- listen to music
- play a musical instrument
- play online games
- punch a pillow
- sleep



**C** Do you think these things are effective in coping with stress and unhappiness? For each one, put a tick (✓) in the circle if you think it is effective and put a cross (X) if you think it is not.



Work in pairs. Tell each other whether or not you think the above actions are effective, and why you think so. Then think of more things that teenagers can do to deal with stress and unhappiness. Write them on the note sheet below.

**Student A:** Do you think **sleeping** is a good way to cope with stress and unhappiness?

**Student B:** No, I don't think so because **sleeping doesn't solve the problems**. What about you?

**Student A:** I think it's a good way to **relax**.

**Student B:** Can you think of any other ways that teenagers relieve stress and make themselves happy?

**Student A:** I think some teenagers **eat chocolate** when they feel stressed or unhappy.



# VOCABULARY ROUNDUP



## Idioms

count your blessings (*idiom*) p. 3

in a nutshell (*idiom*) p. 6

light at the end of the tunnel (*idiom*) p. 16

make (all) the difference (*idiom*) p. 2

every cloud has a silver lining (*idiom*) p. 2

in high spirits (*idiom*) p. 6

look on the bright side (*idiom*) p. 2

## Add more!

What other useful words and phrases have you learnt? Add them to the appropriate lists.

## Adjectives describing feelings

anxious (*adj*) p. 6

grateful (*adj*) p. 3

sad (*adj*) p. 6

unhappy (*adj*) p. 16

depressed (*adj*) p. 9

happy (*adj*) p. 2

stressed (*adj*) p. 6

worried (*adj*) p. 8

envious (*adj*) p. 3

overwhelmed (*adj*) p. 6

thankful (*adj*) p. 3

## Ways to cope with stress and unhappiness

do sports (*v phr*) p. 15

eat snacks (*v phr*) p. 15

play a musical instrument (*v phr*) p. 15

punch a pillow (*v phr*) p. 15

take time to relax (*v phr*) p. 1

draw (*v*) p. 15

listen to music (*v phr*) p. 15

play online games (*v phr*) p. 15

sleep (*v*) p. 15

