Stop Feeling Anxious…



EAE Learning objectives for this lesson

Review modal verbs and practice using them. Learn how to say things in a positive way using modal verbs. Practice discussing a topic. Learn words with the prefix 'N'. Learn expressions for giving advice.

Activity One - ***Discussion*** - With your partner or teacher.



- Do you often feel anxious?
- Do you ever feel anxious about speaking English?
- What situation make you feel anxious?
- How do you cope* with anxiety in general?

* **To cope** = deal effectively with something difficult/ manage a difficult situation

Activity Two - ***Modal Verbs***.. the power of positive thinking.

We use **modal verbs** to express **necessity or probability.** They help us to add nuance to what we are saying. They show the speakers <u>attitude about the world</u>, about the subject of discussion. They can help us to express a positive attitude, or a negative mind set.

Must, shall, will, should, would, can, could, may, and ***might*** are all modal verbs.

- Which of them expresses necessity?
- Which expresses probability?



✱ ***How can you make things sound more positive using modal verbs?***

✱ ***Here are some <u>examples</u>:***

Negative - I can't do this! (Very negative)
More positive - I might have problems doing this.

Negative - I must find a solution. (Sounds scary because you have no choice)
More positive - It would be good to find a solution.

Negative - What should I do? I'm really worried! (Sounds like a cry for help).
More positive - Could you suggest any solutions? Or, What can you suggest?

Negative - This will be very difficult.
More positive - This might be challenging.

Find your own <u>examples</u> of some positive and negative sentences using modal verbs. *(Prepare at home if possible).* Think about something you might be feeling anxious about, or have felt anxious about it the past and find two ways of talking about that issue, one positive and one negative, both using modal verbs.

Activity Three - ***Article*** - **Coping** with anxiety or stress - positive **SELF TALK.**



Read the article and underline the modal verbs.

Do you know what **'self talk'** is? In fact it's a way of coping with anxious moments by talking to yourself in a positive way. In fact you can change the chemistry of your brain by doing this. The neurotransmission changes as a result of your thinking patterns*. (Pattern= recurring sequence).

For example if you have a tendency to worry in advance about something you need to do at work at school you could be thinking: "I'm not going to be able to do it! What if I get really nervous and can't talk!". You should be saying to yourself "It might be difficult but I'm going to succeed. I can do it! I know my subject, I have practiced a lot. It's going to be OK".

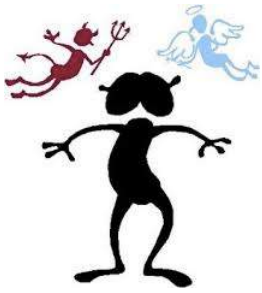
If you are afraid of flying you could be thinking "If we crash we will not survive. There are a lot of crashes at the moment, it's not safe". You should tell yourself; "Flying is the safest mode of transport. It's most probable that we will arrive safely. I will enjoy the flight and think about getting to my destination".

If you are anxious about something which was difficult in the past you might start to think negative thoughts about it like "It could be worse than last time, I should find a way out of this situation. It will be really hard this time again." You should talk to yourself and say, "I may feel a little apprehensive now but that's natural. I've done this before and I can do it again, but better this time.".

You can condition your brain to think positive thoughts in stressful situations and ultimately* (* Ultimately = at last, in the end) you will not feel anxious you will have a positive response to anxiety every time. This change takes time and requires an effort initially, but it could really help you over time.

Activity Four - ***Talk to yourself…***

With your partner act out the two sides of a person's thoughts.. positive and negative.. One of you will talk to yourself in a positive, anxious way about what might happen, what could happen etc.. and the other will answer in a positive way, with some really good positive self talk about what you can do and should do how how things could go well in the end.



1. You have a really big exam next week.
2. You are making a big presentation at work tomorrow.
3. You are on an airplane going to America and you are afraid of flying.
4. You are worried about your health.

Activity Five - Article - read the article and answer the questions using modal verbs.

Fight or Flight.

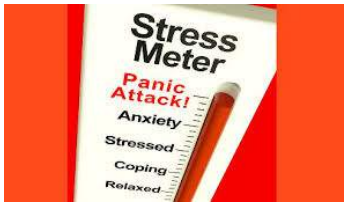


Anxiety is a feeling of fear when there is no danger. When there is danger our bodies release certain hormones and our heart rate speeds up. This helps us to focus and to run away from danger until we are safe.(For example if a a Zombie was attacking us and we needed to escape to safety).

When we feel anxious, even though we are not in danger, the same thing happens. This is called the fight or flight response, your muscles tense, your heart beats fast, your body releases hormones, such as adrenaline, into your system which can make you feel unwell. You can feel cold, or sweat a lot, you can tremble, or just feel really uneasy. If you continue to feel anxious for a long time then your body does not get back to normal and this can weaken your immune system. It can also cause problems with your digestive system, it can cause aches and pains from the muscle tension and it can raise your blood pressure.

Questions:

1. What is anxiety?
2. What is the fight or flight response?
3. What happens to us when we are anxious?
4. What are the physical symptoms often linked to anxiety?
5. What side effects can anxiety have on your health?
6. What is blood pressure?
7. Use the word unwell in a sentence.
8. Use the word uneasy in a sentence.



Activity Six - UN… **Read the paragraph** and find all the words which start with the prefix ‘un’. The prefix ‘un’ means NOT. For example - unhappy = not happy, unlucky = not lucky, unkind = not kind and untrue = not true. You can make your sentences simpler and shorter by using this prefix. (Zombies are not very kind - Zombies are unkind, Zombies are not dead anymore - Zombies are undead).

Undead people, or Zombies, would be very unwelcome. A Zombie bite could make you feel very unwell. It may seem unrealistic to talk about such an unfair, unbelievable situation, but if could exist. If there was a virus which turned people into Zombies would you be prepared? Being unprepared could be very dangerous indeed! Underestimating the effects of a deadly Zombie virus would be a mistake. Zombies are unmistakable in their walking style and dress style. They were relatively unknown until horror movies such as “Night of the Living Dead” in 1968 or “Dawn of the dead in 1978”. In fact the ‘Zombie Myth’ was first uncovered in the 17th century in the French slave colonies when people told stories about slaves being brought back to life and becoming Zombies. It was not uncommon for people to believe in this at the time. So the Zombie does not originate in popular culture, but in the horrors of slavery. (read more here: *http://www.theatlantic.com/entertainment/archive/2015/10/how-america-erased-the-tragic-history-of-the-zombie/412264/*)

Activity Seven - Scary Stories. *Read the article and them resume it in two sentences, for your partner, or teacher. (You may want to prepare this article in advance at home and look up the underlined words in the dictionary.)*

Ghost stories, Zombie stories, stories about Werewolves and Witches, have all existed since at least the times of ancient Egypt. We know this because we have ghost stories from ancient Egypt and from Rome. There are different theories as to why we like these stories. Some people say it's simple curiosity, some say it's the pleasure of seeing good win over evil. Others like the adrenalin rush of fear. Freud believed that the bad feelings we repress can be represented by horror and that we like the familiarity of this. Aristotle said that it was good to 'purge' their negative emotions and he called this 'catharsis'. Whatever your own particular opinion on scary movies or stories, we all react in the same way to fear. The changes that happen to the body when watching a horror movie are provoked by the fight or flight response. Adrenaline, Cortisol and Norepinephrine are all released, they make your heart beat faster, your muscles tense and your brain will be in a heightened state of awareness. So the physical symptoms of fear and anxiety are the same as those we experience through scary stories.



Class discussion - or discuss with your teacher.

Do you like scary stories? Do you watch Zombie movies? Do you like to feel scared sometimes? Do you think that it's bad for people to watch violent or scary films?

Activity Eight - Catastrophizing. (Race - with your partner fill the gaps with modal verbs.)

Castophrophizing is something people …… do when they are anxious. They predict a negative outcome* (outcome = consequence) in a situation and also decide that that negative outcome …….. be a catastrophe.

Sometimes we ……. try to reassure ourselves by saying 'what's the worse that …….. happen', but excessive rumination (thinking too much) makes people very anxious and they …….. experience the physical symptoms linked to anxiety.

People …….. use 'mindful awareness' to resolve this psychological problem. Mindful awareness is a combination of positive self talk and acceptation. First you ……. accept your own negative thoughts and then you …….. replace them with positive ones.

can - should - could -would - can - may - should - can



Activity Nine - ZOMBIE - PART 1/ *Zombie Attack.*

- With your partner act out a scene from a Zombie film.

PART 2/ *Zombie Music*. *https://www.youtube.com/watch?v=6Ejga4kJUts*

- **Listen to the song - The Cranberries - Zombie. Comprehension activity.** Put the images on the next page in the order you hear them in.

NUMBER the images in the order that you hear them..









Activity Ten - Giving advice.

We use modal verbs to give advice, for example:

- ☑ I WOULD advise you to…
- ☑ If I were you I WOULD…
- ☑ You SHOULD…
- ☑ I think that you SHOULD…
- ☑ You COULD think about… + ING
- ☑ It WOULD be a good idea to..
- ☑ You MIGHT want to…
- ☑ It MIGHT be a good idea to…
- ☑ Maybe you COULD…

*With your partner or teacher act out a dialogue - give advice to someone in one of the following **situations**:*

A. You can see that one of your friends is anxious about an exam, you give them some advice.
B. Your friends son is always watching horror movies. You try to give her some advice about how to interest him in other activities.
C. Your friend is anxious all the time and worried about one thing after the other. You explain positive self talk and give her some advice about coping with anxiety.
D. Your colleague at work is very anxious about giving a speech in English - you give advice about how to handle the situation.