

Class 10

I. Reading

Task 1. Learn the vocabulary:

- response to [ris'pɒns] – ответ, отклик на
- overstrains ['əʊvəstreɪns] – перенапряжение, переутомление
- to be caused [kɔ:zd] by – быть вызванным
- bereavement [bi'ri:vmənt] – тяжелая утрата
- significant [sig'nɪfɪkənt] life changes – значительные изменения в жизни
- to cope with [kəʊp wið] – справляться с
- to depend on [di'pend] – зависеть от
- background ['bækgraʊnd] – предпосылки
- anxious ['æŋkʃəs] – обеспокоенный, тревожный
- afraid [ə'freɪd] – испуганный
- angry ['æŋɡri] – сердитый
- aggressive [ə'ɡresɪv] – агрессивный
- sad [sæd] – грустный
- irritable ['ɪrɪtəbl] – раздражительный
- frustrated [frʌ'streɪtɪd] – расстроенный
- depressed [di'prest] – подавленный
- to encounter [ɪn'kaʊntə] – сталкиваться
- hormone ['hɔ:məʊn] – гормон
- to be expressed [ɪk'sprest] by – выражаться в
- headache ['hedeɪk] – головная боль
- nausea ['nɔ:ziə] – тошнота
- diarrhea [daɪə'ri:ə] – диарея
- rapid breathing ['ræpɪd] ['brɪ:ðɪŋ] – учащенное дыхание
- sweating ['swetɪŋ] – потливость
- idiopathic pains [ɪdɪə'pæθɪk] [peɪnz] – идиопатические боли
- cardiovascular system [kɑ:diə(ʊ)'væskjʊlə 'sɪstɪm] – сердечно-сосудистая система
- to be affected [ə'fektɪd] – быть пораженным
- significant cause [sig'nɪfɪkənt kɔ:z] – существенная причина
- chronic health challenges ['krɒnɪk] [helθ] ['ʃælɪndʒ] – хронические проблемы со здоровьем
- to lead to – приводить к
- disorder [dis'ɔ:də] – расстройство, заболевание
- gastrointestinal problems [ɡæstrəʊɪn'testɪnl] – желудочно-кишечные проблемы
- to decrease ['di:kri:s] – уменьшать
- to increase [ɪn'kri:s] – увеличивать
- sympathetic nervous system [sɪmpə'θetɪk 'nɜ:vəs 'sɪstɪm] – симпатическая нервная система

- parasympathetic nervous system [pærəsimpə'tetɪk 'nɜ:vəs 'sɪstɪm] – парасимпатическая нервная система
- to promote [prə'məʊt] – способствовать, содействовать
- blood pressure [blʌd 'preʃə] – кровяное давление, артериальное давление
- pulse rate [pʌls reɪt] – частота пульса
- blood circulation [blʌd sɜ:kjʊ'leɪʃn] – кровообращение
- to overcome [əʊvə'kʌm] – преодолевать
- to ruin ['ru:ɪn] – разрушать
- healthy diet ['helθɪ 'daɪət] – здоровое питание
- to strengthen ['streŋθən] – укреплять, усиливать
- positive support ['pɒzɪtɪv sə'pɔ:t] – позитивная поддержка
- patterns ['pætnz] of thinking – образы (модели) мышления
- to be of little help – мало помочь
- technique [tek'ni:k] – техника, метод
- to reduce [tu: rɪ'dju:s] – уменьшать, снижать
- coping strategies ['kəʊpɪŋ 'strætədʒɪz] – стратегии преодоления

Task 2. Read and translate the text

Stress prevention

Stress is the body's response to psychological and physical overstains. It can be caused by relationships, job, bereavement, significant life changes and so on. Our ability to cope with stress can depend on our genetics, life experience, personality as well as educational, social and financial background. So people can feel anxious, afraid, angry, aggressive, sad, irritable, frustrated or depressed.

When we encounter stress, our body produces stress hormones. Sympathetic nervous system is also involved. The response of the organism is sometimes expressed by headaches, nausea, diarrhea, rapid breathing, sweating, idiopathic pains. Cardiovascular system is often affected. Emotional stress is the one of the most significant causes of all chronic health challenges. If the stress is long-lasting, it may lead to sleep and memory disorders, gastrointestinal problems.

So what measures should be taken to effectively manage emotional stressors in your life?

1. Deep breathing can decrease the tone of sympathetic nervous system and increase the tone of your parasympathetic nervous system, which promotes relaxation.

2. Regular relaxation sessions can decrease blood pressure, pulse rate, and improve blood circulation.

3. Realistic analysis of the situation from “outside” may show that your troubles can be overcome and can't ruin your life.

4. Physical exercises may help to cope with stress as endorphins (the hormones of happiness) are produced.

5. Healthy diet rich in vitamins and minerals will strengthen your organism.

6. Positive support of close friends and family members can help to find a new perspective and change your patterns of thinking.

7. Professional help is necessary if all the previous factors are of little help. Techniques of Cognitive Behavioral Therapy are usually used to reduce stress and develop coping strategies.

Task 3. Translate into Russian

Body's response to psychological and physical overstrains; to feel anxious, afraid, angry, aggressive, sad, irritable, frustrated or depressed; sympathetic nervous system; parasympathetic nervous system; to decrease blood pressure, pulse rate, and improve blood circulation; troubles can be overcome; chronic health challenges; Techniques of Cognitive Behavioral Therapy; healthy diet; to reduce stress and develop coping strategies.

Task 4. Translate into English

Головная боль, тошнота, диарея, учащенное дыхание, потливость, идиопатические боли; сердечно-сосудистая система поражается; продолжительный стресс; проблемы желудочно-кишечного тракта; эффективно управлять стрессовыми факторами; глубокое дыхание; физические упражнения; укреплять организм; позитивная поддержка близких друзей; предыдущие способы мало помогли; изменить образ мышления.

II. Speaking

Task 5. Answer the following questions

1. What is the nature of stress?
2. What can be stress caused by?
3. What can our ability to cope with stress depend on?
4. What are the consequences of stress?
5. How can we cope with stress?
6. Did you encounter stress earlier? What were the causes of your stress?
7. What stress prevention techniques do you know?
8. How can physical exercises help us to cope with stress?
9. Do you follow a healthy diet? Why is it necessary for everyone?
10. When is professional help necessary?

Task 6. Retell the text using the table. Complete the sentences with appropriate word combinations from the right column

1	Stress	a	relationships, job, bereavement, significant life changes and so on.
2	Stress can be caused by	b	headaches, nausea, diarrhea, rapid breathing, sweating, idiopathic pains.
3	Our ability to cope with stress	c	is the body's response to

	can depend on		psychological and physical overstrains
4	When we encounter stress,	d	it may lead to sleep and memory disorders, gastrointestinal problems
5	The response of the organism is sometimes expressed by	e	one should apply stress prevention techniques
6	If the stress is long-lasting,	f	are usually used to reduce stress and develop coping strategies
7	To effectively manage emotional stressors,	g	if all the previous factors are of little help
8	Professional help is necessary	h	our body produces stress hormones
9	Techniques of Cognitive Behavioral Therapy	i	our genetics, life experience, personality as well as educational, social and financial background