

Занятие 15

WAYS OF COPING WITH STRESS

Warming up

Task 1. Answer the questions. Use *Past Continuous Active* in your answers.

1. What was the lecturer demonstrating when the screen went blank? 2. What were you doing when the lecture began? 3. What were you doing at 5 p.m. yesterday? 4. What were you doing when the professor arrived? 5. Who were you talking to when I met you yesterday? 6. What were the patients doing when the physician came? 7. Were you feeling nervous when the teacher gave you the test? 8. What were you doing when the teacher was giving you home assignments? 9. What were you doing when an English class began? 10. What were you doing at this time last year? 11. What were you doing from 10 p.m. till 11 p.m. yesterday?

Task 2. Put the verb in the required tense (*Past Simple* or *Past Continuous*).

1. I (to play) computer games yesterday. 2. I (to play) computer games at five o'clock yesterday. 3. He (to play) computer games from two till three yesterday. 4. We (to play) computer games the whole evening yesterday. 5. What Nick (to do) when you came to his place? 6. What you (to do) when I rang you up? 7. I (not to sleep) at nine o'clock yesterday. 8. What he (to do) yesterday? - He (to read) a book. 9. What he (to do) the whole evening yesterday? --He (to read) a book. 10. She (to sleep) when you came home? 11. My brother (not to play) tennis yesterday. He (to play) tennis the day before yesterday. 12. My sister (not to play) the piano at four o'clock yesterday. She (to play) the piano the whole evening. 13. When I came into the kitchen, mother (to cook). 14. She (to cook) the whole day yesterday. 15. We (to wash) the floor in our flat yesterday. 16. We (to wash) the floor in our flat from three till four yesterday. 17. You (to do) your homework yesterday? 18. You (to do) your homework from eight till ten yesterday? 19. Why she (to sleep) at seven o'clock yesterday? 20. He (to sit) at the table the whole evening yesterday.

Future Continuous Active

Future Continuous Active используется для обозначения:

1) действий, которые будут совершаться в определенный момент будущего:
This time tomorrow I will be attending a 2-hour-group therapy session. I will be doing congregational social work upon my graduation.

2) запланированных действий в будущем (подобно времени Present Continuous Active): *I can't join you. I will be attending an appointment with my psychologist. I never miss it.*

Для формального выражения *Future Continuous Active* используется вспомогательный глагол будущего времени (*shall/will*), неопределенная форма глагола *to be* без частицы *to*, а также первая форма глагола с окончанием *-ing* (*ing-form*):

shall be

will be reviewing

Для выражения отрицательного значения используется отрицательная частица *not*, которая ставится после вспомогательного глагола (*shall/will*):

shan't be reviewing

won't be

Вопросительная форма конструируется путем постановки вспомогательного глагола (*shall/will*) перед подлежащим: *Will you be taking this medicine this evening?* - *Yes, I will/No, I shan't/won't.*

Task 3. Extend the statements, using Future Continuous Tense and the suggestions indicated. Make the object of the given sentence the subject of the new one.

Don't call me at six. (do my homework) Don't call me at six. I'll be doing my homework.

- 1) Don't call me at 8.30. (go to the University)
- 2) Don't drop in from 6 to 9 p.m. (visit my grandparents)
- 3) Don't call me from 9 a.m. till 11 a.m. (counsel my clients)
- 4) Don't call me at this time tomorrow. (make home visits to my clients)
- 5) Don't call me at this tomorrow. (make some important phone calls)
- 6) Don't call me tomorrow. (do a great deal of important paperwork)
- 7) Don't drop in tomorrow from 10 a.m. till 6 p.m. (be out/visit my friends in the country)
- 8) Don't call me at 6 p.m. (leave my office)
- 9) Don't call me at 6 a.m. tomorrow. (sleep in my bed)
- 10) Don't drop in at 2 p.m. on Sunday. (do the shopping)

Task 4. Answer the questions in the Future Continuous Tense, using the given suggestions:

What will you be doing tomorrow at 3 p.m.? (see my psychologist) – I'll be seeing my psychologist.
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- 1) What will you be doing tomorrow at 8.30 a.m.? (attend a lecture);
- 2) What will you be doing tomorrow at 1p.m.? (have a lunch break)
- 3) What will you be doing tomorrow at 4 p.m. ? (do my homework)
- 4) What will you be doing next Monday at 12.30 p.m.? (have my classes)
- 5) What will you be doing this time tomorrow? (have my classes)
- 6) What will you be doing from 8.30 a.m. till 10 a.m. on Friday? (have a seminar)
- 7) What will you be doing at this time on Wednesday? (go home from the University)
- 8) What will you be doing from 1 p.m. till 3 p.m. the day after tomorrow? (work in the library to prepare for my seminar)
- 9) What will you be doing at this time next week? (attend my classes)
- 10) What will you be doing at 5 a.m. tomorrow? (sleep)

Task 5. Translate the following sentences from Russian into English:

1. Ее состояние постепенно улучшается. 2. Вчера с 10 утра до 18 вечера он работал со своими клиентами на дому (*make home visits to his clients*). 3. Я буду на приеме у психолога в это время завтра. 4. Он сейчас апробирует новый подход к психологическому лечению больных алкоголизмом. 5. Завтра в 11 часов я делаю доклад об этом случае. 6. Они начинают работать с этим клиентом завтра. 7. Пациент внимательно слушал доктора, пока тот ему рассказывал о плане лечения. 8. Сейчас клинический психолог записывает в карту клиента данные опроса семьи больного. 9. В это время завтра я буду проводить сеанс семейной терапии в больнице. 10. Не звоните мне в 10 утра, я буду консультировать моих клиентов. 11. Я начала сильно нервничать, когда социальный работник задавал мне вопросы о моей личной жизни. 12. Какое лечение вы сейчас проходите? 13. Что у вас спрашивал психолог, когда раздался телефонный звонок? 14. Сейчас я посещаю подготовительные курсы, чтобы поступить на факультет «Социальной работы и клинической психологии» в следующем году.

Recapitulation

Task 6. Раскройте скобки, употребив глагол в форме Present Continuous, Past Continuous или Future Continuous.

1. I ... (study) Japanese online from 5 till 6 tomorrow evening.
2. Listen! Why the dogs ... (bark)?
3. She ... (wear) a yellow coat when I saw her.
4. They ... (take) their driving test next Monday.
5. I dropped my wallet when I ... (get) on the bus.
6. What you ... (do) in my office yesterday?
7. Bob ... (feel) much better today.
8. The kids ... (watch) cartoons in their room now.
9. I'm afraid she ... (sleep) in ten minutes.

10. We ... (have) tea soon?

Task 7. Раскройте скобки, употребляя глаголы в Past Simple или Past Continuous.

1. He (to get) up at seven o'clock yesterday. 2. Father (to come) home at six o'clock yesterday. 3. I (to read) a book at six o'clock yesterday. 4. She (to fall) asleep at eleven o'clock yesterday. 5. Mother (to drink) tea at eleven o'clock yesterday. 6. Father (to watch) TV at ten o'clock yesterday. 7. I (to go) to bed at nine o'clock yesterday. 8. I (to finish) my homework at nine o'clock yesterday. 9. I (to play) the piano at five o'clock yesterday. 10. He (to begin) to do his homework at four o'clock yesterday. 11. She (to wash) the floor at four o'clock yesterday. 12. I (to meet) Nick at three o'clock yesterday. 13. When I (to come) home, Kate (to play) the piano. 14. When I (to meet) John, he (to go) to the railway station. 15. When I (to go) to the museum, I (to see) a big crowd of people in the street. 16. They (to play) in the yard in the evening yesterday. 17. They (to play) in the yard the whole evening yesterday. 18. I (to clean) my teeth at eight o'clock in the morning yesterday. 19. We (to go) to the wood in summer. 20. When the teacher (to open) the door of the classroom, the pupils (to sit) at their desks.

Task 8. Put the verb into the correct tense.

1. I told my teacher that I (not believe) what she said. 2. I (to see) the number 12 bus just down the road. 3. At the moment Maria (to do) her homework, as she does every day. 4. The baby (to measure) 21 inches long. 5. Please be quiet. I (to listen) to the radio. 6. Everything on the menu (to taste) delicious. 7. Why you (to be) so selfish about this? 8. He (to be) on time or (to be) late? 9. He told the police he'd only had a small drink and (to be) careful not to drive too fast.

Speech Practice

Task 23. Comment on different ways of dealing with stress listed below. Discuss their pros and cons. Use the patterns:

I think ... is useful/helpful when dealing with stress as it...

I think ... is useless when dealing with stress since it...

I don't think ... is useful/helpful when dealing with stress as it...

I don't think there is any use in ... since it...

1. Doing exercise.
2. Division of labor (delegating your responsibilities at work, or sharing them).
3. Assertiveness (ability to refuse if something is not your responsibility).
4. Consuming alcohol and drugs.
5. Consuming caffeine.

6. Balancing nutrition.
7. Setting aside some time for yourself.
8. Breathing.
9. Talking to express your thoughts and worries.
10. Seeking professional help.
11. Using relaxation techniques (mediation, massage, or yoga).

Task 24. Make up a dialogue between a clinical psychologist and their service-client in which the psychologist tries to discover the roots of stress, explain physiological reactions to it, and give advice on how to manage stress.