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JETSTREAM

intermediate



Real language &
memory training



Everyday English
videos



JETSTREAM Cloud
with LMS

UNIT
FOCUSGRAMMAR: first conditional; *if / unless*VOCABULARY: *-ed / -ing* adjectives; words connected with the body; words connected with work

FUNCTIONS: giving advice and making suggestions

CEFR
B1**You first!** Do you ever feel like this?How well
are you
managing
your stress?

1 Do you have strategies to help you cope with stress?

- ☐ A yes, a lot
☐ B yes, a few
☐ C no, I don't need any!

2 Can you say 'no' when other people ask you to do something?

- ☐ A yes, very easily
☐ B it depends
☐ C no, not usually

3 Do you tend to focus on the positive or the negative?

- ☐ A mainly positive
☐ B both
☐ C mainly negative

4 Do you do some kind of exercise?

- ☐ A regularly
☐ B occasionally
☐ C no thank you!

5 Are you your correct weight?

- ☐ A yes
☐ B a bit overweight
☐ C very overweight

6 Do you make time to relax?

- ☐ A frequently
☐ B sometimes
☐ C seldom

7 Are you reasonably careful about what you eat? (ie not too much sugar and salt, etc)

- ☐ A yes – reasonably
☐ B no
☐ C very, very careful!

8 How much caffeine do you drink?

- ☐ A little or none
☐ B some
☐ C loads

9 Do you smoke?

- ☐ A no
☐ B occasionally
☐ C yes – heavily

10 How much water do you drink?

- ☐ A 6–8 glasses a day
☐ B 3–5 glasses a day
☐ C fewer than 3 glasses a day

11 How much rest / sleep do you get?

- ☐ A plenty
☐ B just about enough
☐ C very little – not enough

12 How often do you laugh?

- ☐ A often
☐ B occasionally
☐ C rarely

1 Talk to other people and answer the questions.

- 1 When was the last time you felt like the people in the photos above? Why? What did you do about it?
 2 Can you suggest three words to go with each of the photos?

2 Do the quiz above then look at the key and do the activities on page 136.**3 FINISH IT** Write three different endings for this sentence. Use these words and phrases or your own ideas.

car won't start dentist exam late lose my keys
 oversleep queue traffic jam

I get stressed when ...

I I get stressed when I'm stuck in a traffic jam.

4 EVERYBODY UP! Find other people who get stressed for the same reasons.

1 **THINK** Do the Stress Test – fast! You have 20 seconds, starting now!



THE STRESS TEST

Read the four sentences.
Which food does this animal like best?

- 1 It likes fruit less than honey.
- 2 It dislikes small animals less than insects.
- 3 It doesn't like fish as much as fruit.
- 4 It dislikes small animals more than fish.

What animal is it?
Which food does it like least?

2 How did you react to the test? Tick all the boxes that apply.

- | | |
|--|--|
| ☐ I found it stressful. | ☐ I felt frustrated. |
| ☐ I panicked. | ☐ It was challenging. |
| ☐ I got anxious. | ☐ I was angry. |
| ☐ I got excited. | ☐ I found it confusing. |
| ☐ I gave up! | ☐ My mind went blank. |
| ☐ I froze. | ☐ I _____. |

3 Write P (positive) or N (negative) next to each phrase in 2.

VOCABULARY 1

-ed / -ing adjectives

4  Complete the table, then read out the words. Be careful, one adjective is different. How?

challenge	challenged	challenging
confuse		
excite		
frustrate		
interest		
relax		
stress		

5  2.2 Listen and check your answers. Mark the stressed syllables.

6 Which adjectives in 4 describe ...

- a) how someone feels?
- b) the people or things that cause those feelings?

7 Complete the first part of *Taking a test* with words from 4.

Taking a test

Tests make many people anxious. Even the word *test* can produce anxiety or fear. Being under time pressure is 's_____ for some people too. While some of you maybe felt 'e_____ or 'i_____, it's perfectly natural if many of you panicked or felt anxious or 's_____ or 'f_____. If you did, just take a moment to get rid of the tension so that you can feel 'r_____ again. Do something physical. Stand up and stretch, jump up and down, or run on the spot! Do it right now!

something + **make** + someone + adjective

Tests **make** many people anxious.

© PAGE 151

8 **YOUR STORY** Talk to a partner.

- 1 When was the last time you felt anxious or stressed? What did you do?
- 2 What kinds of thing make you feel like that?
- 3 What kinds of thing do you find exciting or challenging?
- 4 What was your last exciting 'adventure'?

VOCABULARY 2

Words connected with the body

- 9 Complete the second part of the article with some of these words. Which word is different and why?

ears eyes hands heart mind mouth neck
nose shoulders stomach throat toes

So what happens to us when we're put under stress?

Well, very often, our ¹n_____ and ²s_____ tense up, our ³h_____ beats faster and our breathing gets quicker (or stops altogether!). Our ⁴m_____ and ⁵t_____ go dry so we can't swallow and we get 'butterflies' in our ⁶s_____. We get confused: our ⁷e_____ can't see properly and our ⁸e_____ can't hear properly. And, worst of all, our ⁹m_____ goes completely blank and we can't think properly!

- 10 Did any of the things mentioned in the article happen to you when you did the test? Which ones?

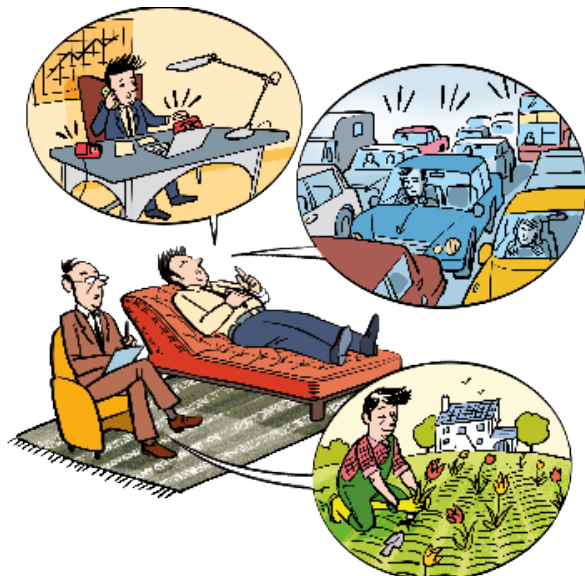
LISTENING

- 11 Divide the words into two groups – stressful or not stressful.

city country exercise work fresh air gardening
heart attack insomnia phone pressure sleep
therapist tired traffic jam walk

- 12  2.3 PREDICT Look at the cartoon and answer the questions. Then listen and check.

- What's the situation?
- What do you think the people are saying?



- 13 Talk about the questions. Listen again if you need to.

- What does Steve Beaver do all day?
- What do the phones do?
- What always happens on his way home?
- What can't he do at night?
- What happens twice during the conversation?
- What is the therapist's advice? Do you agree?

GRAMMAR First conditional

- 14 Complete what the therapist said to Steve, then answer the questions below.

1	If you _____ on like this, you _____ a heart attack!
2	If you _____ down, you _____ sixty!
3	You _____ much better if you _____ a bit.

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- What tense is used after *if*?
- What tense is used in the other part of the sentence?
- Do we use this structure to predict the probable consequences of an action?

- 15 Look at the pictures and make predictions about Steve.



‘If he cycles to work, he'll get there quicker, and lose some weight!’

WRITING AND SPEAKING

- 16 PREDICT What do you think happened next? Write a short ending to the story, then check on page 137.
- 17 ROLE-PLAY Write and act out a short conversation between a therapist and a client who has a small problem. The therapist should:

- ask what the problem is
- get more details
- suggest a possible solution.

‘What seems to be the problem, Mrs X?’
‘I'm terrified of bananas.’



Stress

30.12.15

308 comments

related stories



You first! Imagine you're face to face with this bear. What would you do?

How does it work?

It's very difficult to deal with stress unless we understand the stress response mechanism. What do bears have to do with it? Well, we're talking about a very old survival mechanism that goes back to the days when we were **hunter-gatherers** and obtained all our food from wild animals and plants. In those days, the mechanism enabled a person to respond quickly if they were in physical danger. If someone was out hunting in the forest and they came across a bear, then the mechanism automatically kicked in. It prepared them to stay and defend themselves (**fight**), or to run away (**flee**) as quickly as possible. For that reason, it is sometimes called the 'fight or flight' response.

This is how the mechanism works. Whenever we are under stress, our brain automatically sends a message to our nervous system which immediately produces 'stress hormones' like adrenaline and cortisol. These hormones affect the heart, the blood vessels and other organs. The heart beats faster and our blood pressure goes up. Blood moves away from our skin and stomach, and flows to our brain and muscles. We breathe more quickly and we suddenly have a lot of physical energy.

We are ready to respond physically – to fight or flee – if we, say, meet a bear in the forest. And if we get hurt, our injuries will heal faster because cortisol is anti-inflammatory: it reduces **swelling**.

So basically, the mechanism helps us respond physically to a stressful situation. When we do that, we use up the stress hormones in our body and get rid of them from our system.

The problem is that we don't often meet bears in forests these days! Modern stress tends to be mental or emotional, not physical. This means that those stress hormones will stay in our body unless we do something physical to get rid of them. And they can do a lot of damage. Cortisol is the biggest problem, because it attacks our immune system and leaves us more open to infection. Have you noticed that you often get ill when you are under a lot of stress for a long time? Recent research suggests that stress is a big **factor** in many **minor** illnesses, and in many **major** ones too. Unless we deal with our stress, we could be in big trouble.

READING

- 1 Which of these words are connected with the body?

bear blood vessel brain danger heart hormone
illness immune system infection kangaroo
muscle pizza skin stomach survival trouble

- 2 **PREDICT** Read the dictionary definition. Tick the words in 1 you would expect to find in information about the stress response mechanism.

stress response mechanism *noun*
the automatic reaction we have to a dangerous situation

- 3 What do you already know about this mechanism? Decide whether these statements are true or false.

- The stress response mechanism is new.
- When we are under stress, our brain hesitates before taking action.
- When we are stressed, our heart rate, breathing rate and blood pressure all go up.
- When we get stressed, we get less blood in our brain and muscles.
- The stress response mechanism is more useful for mental than physical stress.
- Long-term stress can cause minor illnesses but not major ones.

- 4 Now read the article on page 48 to check your answers from 2 and 3.

- EXPLORE ONLINE** What 'big trouble' could we be in? Find out more about the links between stress and illness.

- 5 Find words or phrases in the article that mean ...

- | | |
|--------------------------|------------------------|
| 1 made possible | 5 get better |
| 2 started to take effect | 6 use all of something |
| 3 every time | 7 eliminate |
| 4 cause a change in | 8 harm |

- 6 Guess the meaning of the words and phrases in orange from the context.

- 7 Read the article again. Look at the diagram on page 137 and follow the instructions.

- Complete the diagram with the missing words. Only look back at the article if you're really stuck!
- Work in pairs. Use your completed diagram to talk about how the stress response mechanism works. Take notes if you want to.
- Now use the diagram and your notes to write a very short description of the stress response mechanism.

GRAMMAR

unless + first conditional

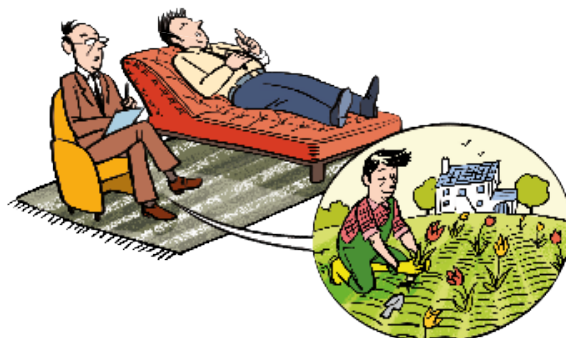
- 8 Complete the sentence from the article, then answer the questions.

Stress hormones _____ in our body **unless** we _____ something physical.

- Choose the correct meaning, a or b.
 - Stress hormones will stay in our body if we take action.
 - Stress hormones will stay in our body if we don't take action.
- What tense is used ...
 - after *unless*?
 - in the other part of the sentence?
- Does *unless* have an affirmative or negative meaning?

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- 9 **SEARCH AND THINK** Look at the advice the therapist gave Steve in Lesson 1 (see transcript 2.3 on page 161). Rewrite each piece of advice using *unless* instead of *if*.



If you keep answering your phone, we won't make any progress.

Unless you stop answering your phone, we won't make any progress.

SPEAKING

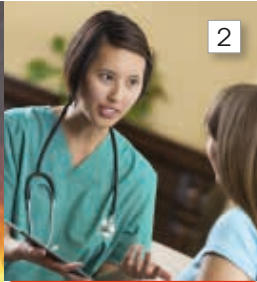
- 10 **Work in small groups. Read the instructions and make a list.**

The article on page 48 tells us that stress hormones stay in our body unless we do something physical to get rid of them.

In groups of five, you have five minutes to come up with a list of at least ten physical activities that can help you de-stress!



1



2



3



4

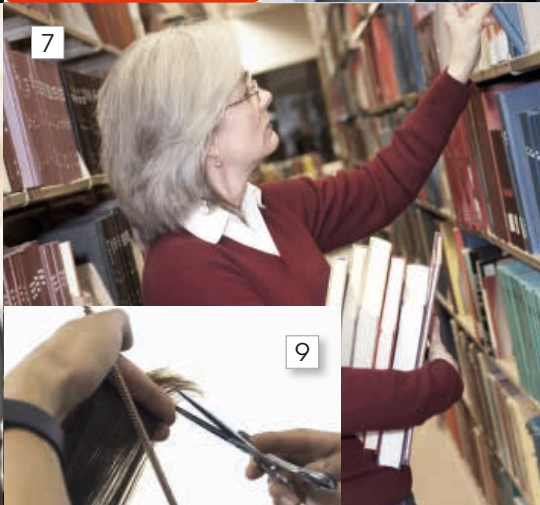
You first! Do you do any of these jobs?
If not, which job is most like yours?



5



6



7



8



10

VOCABULARY

Words connected with work (1)

1 Look at the jobs in the photos and talk about the questions.

- Which job do you think is the most stressful?
- Which do you think is the least stressful? Why do you think so?
- Give each job a stress rating from 10 (= most stressful) to 1 (= least stressful). You can use decimals, eg 8.4.

LISTENING 1

- 2 2.4 You are going to hear two people talking about some research done in 1987 at UMIST (the University of Manchester Institute of Science and Technology). Listen and write down the ratings they give for each job you hear.

The most stressful job in 1987 ...

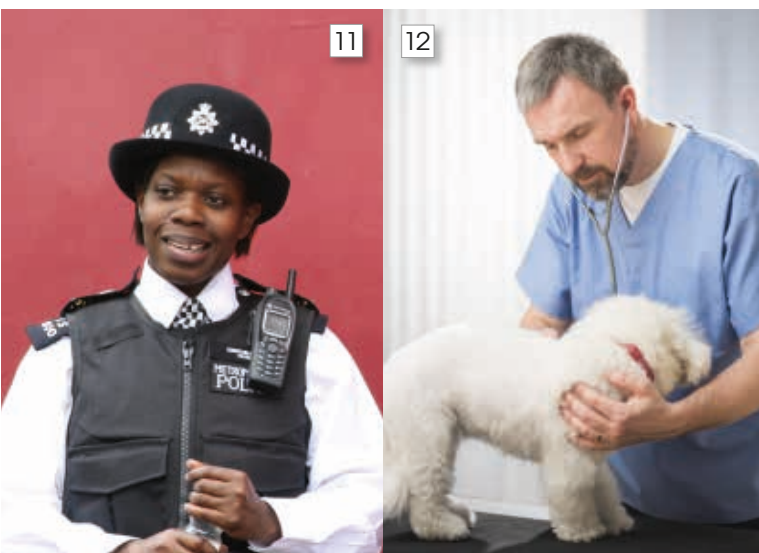
The least stressful job in 1987 ...

Being a teacher was **more** stressful **than** ...

Being a soldier was **less** stressful **than** ...

- 3 Talk about the questions. Listen again if you need to for questions 1 and 2.

- Are the research ratings similar to yours? Did you find any of them surprising?
- What occupations mentioned in the conversation are not in the photos?
- What do you do? (What's your job or what are you studying?)
- How stressful is it? Give it a stress rating and compare it with other people's stress ratings.



LISTENING 2

- 4 2.5 **GUESS** You are going to hear the same two people talking about a more recent survey. Do you imagine the same jobs will be at the top and bottom of the list? Listen and find out.

5 **Talk about the questions.**

- 1 What are the similarities with the 1987 study? What's changed?
- 2 What things do you think have caused the changes mentioned?

- **SONG LINK** Find the song *Nine to Five* online. Guess the stressful job in the song. Then search for the answers to these questions.

- 1 Who sang the song and when?
- 2 Who are *they*?
- 3 What's the unusual 'instrument' you can hear?

- * **Did you know?** Nearly three in four Americans are stressed at work. The top reason? Low pay.

LISTENING 3

- 6 What does *night shift* mean? Write a list of jobs that involve this.

- 7 2.6 **GUESS** Listen to a woman talking about her job. What do you think her job is? (What clues did you use to guess it?)

8 **Listen again and answer the questions.**

- 1 Why is the job well paid?
- 2 How long are the shifts?
- 3 How long are the breaks between shifts?
- 4 What do people do between shifts?
- 5 What happens if you don't concentrate?
- 6 What happens if you fall asleep?

- 9 What things does she find stressful about the job? Make a list, then listen again and check.

VOCABULARY

Words connected with work (2)

- 10 **Match words from A and B. What do they all have in common?**

A difficult long low negative noisy tight uncomfortable unfriendly

B boss colleagues deadlines environment feedback salary uniform working hours

- 11 **Work in pairs. Try to work out the opposites of the phrases in 10.**

'I think the opposite of a 'difficult boss' is probably a 'good boss'.'

- 12 **YOUR STORY** Tell a partner what you feel about your job or studies.

- 1 What things are rewarding and enjoyable?
- 2 What things are difficult or stressful?
- 3 What can you do to make them more enjoyable and less stressful?



TAKE A BREAK

Plan how to make your place of work or study a stress-free zone. Plants? Flowers? Photos? Ornaments? Tell your partner what you want to do, then do it.



WRITING AND SPEAKING

- 13 **VIDEO OPTION** Write a short paragraph about what you do and what makes it enjoyable or stressful. Film your story and talk to the camera. If possible upload it.

- 14 Watch other people's videos. Who has the most / least stressful job?



GIVING ADVICE AND MAKING SUGGESTIONS

1 GUESS Look at the photo. What do you think this person is working on and why?



2 2.7 Watch or listen to the conversation and check your ideas in 1. Why is Charlie worried?

3 Look at these ways of giving advice and making suggestions. Tick the ones you heard in the conversation. Watch or listen again and check.

You should ... You could ... See if you can ...
Why don't you ...? Why not ...? Try ...ing.
If you ..., it'll help. I suggest you ... Just ...

*I suggest you + present simple: I suggest you take it easy.
try + -ing form: Try taking it easy.*

4 Choose one of these problems and respond to it with at least three different suggestions using a variety of phrases from 3.

My lower back is really painful.

My English pronunciation is awful.

I can't sleep at night.

I'm fed up with my job.

5 2.8 Listen to and practise this sentence from the video. Make sure you say the short form *it'll* correctly.

‘If you relax, it’ll help.’

6 2.9 Now say these sentences out loud. Then listen, check and practise.

- | | |
|------------------------|--------------------|
| 1 It'll be OK. | 4 We'll be there! |
| 2 It'll probably rain. | 5 She'll love it. |
| 3 It'll soon be over. | 6 You'll be sorry! |

7 Talk with a partner. Can you suggest a context for the sentences in 6?

8 Match the two halves of the suggestions to help with stress.

- | | |
|--------------|-----------------------------------|
| 1 Do | a) being a perfectionist! |
| 2 Take up | b) doing meditation. |
| 3 Laugh | c) slowly and deeply. |
| 4 Eat | d) yoga or tai chi. |
| 5 Drink | e) more raw fruit and vegetables. |
| 6 Breathe | f) a lot more. |
| 7 Try | g) plenty of water. |
| 8 Stop | h) sleep or rest. |
| 9 Get enough | i) some exercise every day. |

9 Read out the sentences in 8, adding *it'll help reduce your stress*.

‘If you do some exercise every day, it’ll help reduce your stress.’

10 Follow the instructions and write a stress-busting plan.

- Write a list of all the things you are already doing to help reduce your stress.
- Add three extra things you are going to start doing on a regular basis. When are you going to start?

Already

Drink lots of water.

Do yoga sometimes.

Going to

Swim twice a week.

Drink less coffee

READING AND GRAMMAR

- 1 Read the description and find out the three rules for writing a mini-saga.

Mini-saga rules

THE MINI-SAGA is a fairly recent art form. It dates from 1982, when a British newspaper, the *Sunday Telegraph*, ran the first ever mini-saga competition and received over 32,000 entries.

THERE ARE THREE RULES for writing a mini-saga.

- 1 It must have exactly 50 words. (It can't be 51 or 49. It must be 50.)*
- 2 The title is not included in these 50 words. You are allowed up to 15 extra words in the title.

AND, LAST but not least ...

- 3 It must tell a story. The story can be very simple, but there has to be a narrative of some kind. (It can't be just a description or opinion, etc.)

(*Short forms such as *it's*, *what's* or *you're* count as one word, not two.)

- 2 Complete the mini-saga rules, using the first conditional.

- 1 If it _____ exactly 50 words, it won't qualify.
- 2 If there _____ more than 15 words in the title, it _____.
- 3 Unless it _____ a story, it _____.
- 4 If it _____ a story, it _____.

- 3 Read the stories below and talk about the questions.

- 1 One of the stories does not qualify as a mini-saga. Why not?
- 2 Which of the other two do you like best and why?
- 3 What do the three stories have in common?

A

Sunday breakfast



On Sunday morning I went into my local café for breakfast.

I ordered three fried eggs, four sausages and five pancakes with some maple syrup, followed by six slices of toast and marmalade. And a cup of tea. Afterwards I felt terrible.

I expect it was that cup of tea.

- B Little did he know that she was not being quite as reasonable as he thought



'I hope you enjoyed the tea,' she said, taking the empty mug out of her husband's hand.

'Delicious,' he replied. 'I had to tell you about Monica. Thank you for being so understanding.'

'No problem.' She smiled at him. 'If you're happy, I won't stand in your way.' She took the mug into the kitchen.

Holding it under the tap, she washed away all traces of the poison.

C



Thank you for your advice ... but no thank you

Dear Marge,
I'm so sorry to hear you couldn't get into your jeans yesterday. If you ate a bit less ice cream, it would be a good idea! Love *Auntie Ivy*

Dear Auntie,
If I bought a larger size of jeans, it would be an even better idea! Love *Marge*

- 4 THINK Talk about the questions using phrases for deduction and possibility.

- A Why do *you* think the writer felt terrible? Do you think it was the cup of tea?
What do you think of that breakfast?
- B Who do you think Monica is? What do you imagine the writer's husband 'had to' say about her? What does he hope to do? (Is he going to be able to do it?!)
- C What do you think of Auntie Ivy's advice? Do you think Marge's idea is better? What advice would you give Marge?

- 5 FINISH IT Complete the sentences so they are true for you, then compare your ideas with a partner.

- 1 If I _____, it would be a good idea!
- 2 It would make life easier if _____.
- 3 _____ if I got up earlier.
- 4 If I didn't have to _____, I'd be a lot happier.

WRITING

- 6 Edit the 'non' mini-saga in 3 so that it obeys the rules in 1.
- 7 Write your own mini-saga on the same theme.

- EXPLORE ONLINE**
Search for 'mini-sagas' to find websites where you can read mini-sagas, write your own or take part in competitions.

PREPOSITION PARK

- a Complete the short text with the missing prepositions.

Many people say this food has very special healing powers. People have known ¹ _____ it and used it ² _____ about 5,000 years and it was highly valued ³ _____ the Egyptians a long time ago. In World War I doctors used it ⁴ _____ an antiseptic to clean and heal wounds and fight infection. It is full ⁵ _____ vitamins and minerals, but the key ⁶ _____ its special powers is a substance called allicin.

This vegetable has powerful anti-inflammatory properties which enable it to fight ⁷ _____ inflammation. It can also reduce the risk ⁸ _____ heart disease, cholesterol levels and cancer. And of course there are loads ⁹ _____ stories about its ability to protect people ¹⁰ _____ vampires! Should you eat it raw or cooked? ¹¹ _____ the opinion ¹² _____ many people, raw is better.

- b Look at the photos here and in the next column and decide which superfood is described in the text above.



NATURAL REMEDIES

- a **GUESS** Read the information and match each description with a country from the box.

Australia Brazil Greece
Mexico Morocco Turkey

Holistic healing practices are common around the world and different countries believe in different natural remedies.

- A** The indigenous Berber people knew a lot about natural remedies, and Berber pharmacies – often located in the souks – are still very popular. There you can find good advice and ancient treatments for almost anything under the sun. Like *saffron*, for example, which can, among other things, aid digestion and calm your nerves.
- B** *Chicalote* – a species of prickly poppy – has been used here since the times of the Maya and Aztecs because of its medicinal properties. One thing it's good for is conjunctivitis. If you boil the flower in water and use the mixture on your eyes, the problem will disappear in a few days.
- C** *Tea tree oil* – made by making tea tree leaves into a paste – was first discovered by the Aborigines. It is often used for cuts, burns, insect bites, acne, athlete's foot – and lots of other things. But you should only apply the oil to the skin. If you drink it, it will make you very sick.
- D** *Guaraná powder* is one of hundreds of natural remedies used in this country. It's made from a fruit found in the Amazon basin and it's good for stomach problems and headaches. It is said to help your brain work better too and it gives you lots of energy. It actually has more caffeine than coffee. Four times more!
- E** *Mesir paste* is said to have 'magic' healing properties. In Manisa in the 16th century, the Sultan's wife was dying and doctors couldn't find a cure for her. Then one of them created a paste containing 41 different spices and it saved her life. People have used it ever since and the people of Manisa celebrate the Mesir Festival every year.

- b Read the information again and match four of the descriptions with the photos.

- c **What can you remember? Answer the questions, then read and check.**

Which remedy ...

- | | |
|---------------------------|---------------------------|
| a) is not drinkable? | e) is good for headaches? |
| b) is good for your eyes? | f) can save your life? |
| c) can help you think? | Which ones ... |
| d) can calm you down? | g) help your digestion? |

- d **Talk about natural remedies in your country.**

- 1 Are any natural remedies common? Do you use any?
- 2 Where do they come from?
- 3 How do you use them?
- 4 What are they good for?

