

Adverbs of frequency

Never: at no time.

*I **never** get colds. I always feel healthy.*

*It is **never** snowy in Saudi Arabia.*

Hardly ever: almost never.

*I **hardly ever** have a stomachache.*

*The weather is **hardly ever** cold in Dammam.*

Sometimes: from time to time, now and then.

***Sometimes** Sam gets a toothache*

*. It is **sometimes** difficult to wake up early. **Often** : many times, frequently.*

*They **often** feel sick after having seafood.*

*They are **often** late*

Usually: most of the time

*I **usually** drink coffee in the morning.*

***Usually** the sky is clear.*

always: all the time.

*I love chocolate. I **always** eat it*

*His room is **always** messy.*

Lesson C *How come you're tired?*

1 Conversation strategy *Encouraging people to talk*

A Which are the best responses to keep the conversation going? Check (✓) the boxes.

A I'm so tired.	B <input type="checkbox"/> Yeah, I know.	<input type="checkbox"/> Oh! Why is that?
	<input type="checkbox"/> Yeah. Me too.	<input type="checkbox"/> Oh, I'm sorry.
	<input type="checkbox"/> Really? How come?	<input type="checkbox"/> You look tired. Are you busy at work?

Now listen. Why is Paulo tired?

Paulo I'm so tired.

Matt Really? How come?

Paulo Well, I'm working two jobs this semester, so I'm getting up at, like, 5:30 to study.

Matt You're kidding! Two jobs? Wow.

Paulo Yeah. Just for a couple of months. I'm working in the supermarket after class, and then I have my regular job at the restaurant till 11:00.

Matt Oh, that's late. So, what time do you go to bed?

Paulo About 1:00 . . . 1:30.

Matt Gosh. So you're only getting about four hours' sleep? That's not much.

Notice how Matt encourages Paulo to continue talking. Matt comments on what Paulo says and asks follow-up questions. Find examples in the conversation.

*"I'm so tired."
"Really? How come?"*

B Match each sentence with an appropriate reply. Then practice with a partner.

1-I need a lot of sleep (d)

2-I can't sleep if there's light in my room. (a)

3-I usually go to bed early during the week. (e)

4- If I can't fall asleep, I usually read. (f)

5-I often take a nap after lunch. (c)

6-I only sleep about five hours a night.(b)

- a. I can't either. Do your windows have blinds?
- b. That's not much. Are you getting enough sleep?
- c. At the office? How long do you sleep?
- d. Really? How much sleep do you need?
- e. That's good. Do you wake up early, too?
- f. That's a good idea. What do you read?

Showing Surprise

Use expressions like these to show surprise in informal conversations:

<i>Oh!</i>	<i>Gosh!</i>
<i>Really?</i>	<i>Oh, my gosh!</i>
<i>Wow!</i>	<i>You're kidding!</i>
<i>Oh, wow!</i>	<i>Are you serious?</i>
<i>No way!</i>	<i>No!</i>

A: I'm working two jobs

B: You're kidding me!

A: I had an accident

B: Oh, my gosh!

In formal conversations, use *Oh!* or *Really?*

A: His mother died yesterday.

B: Really!

Circle the best response to show surprise.

1. My brother talks in his sleep.
 - a. My brother does too.
 - b. Wow! What does he say?**
2. I love getting up early on weekends.
 - a. I always get up early.
 - b. Early? I like to sleep late.**
3. I take two or three naps every day.
 - a. Oh! Are you sleeping enough at night?**
 - b. I know. And you snore, too.
4. I eat a lot of chocolate when I can't sleep.
 - a. Me too. I love to eat chocolate at night.
 - b. You're kidding! I can't sleep when I eat chocolate.**
5. My grandfather goes running six days a week.
 - a. No way! How old is he?**
 - b. I see. He's very healthy, right?
6. I often dream about food.
 - a. I do too. I always dream about ice cream.
 - b. Food? Are you hungry when you go to bed?**
7. I have three part-time jobs.
 - a. It's important to work hard.
 - b. Really? Aren't you tired a lot?**
8. If I can't sleep, I always read a history book.
 - a. Me too. I also read a novel.
 - b. Gosh! Why not a novel or a crime story?**

COMMON QUESTIONS ABOUT STRESS

Am I stressed?

If you can't sleep well or can't concentrate, . . .

If you feel depressed or want to cry a lot, . . .

If you have a headache or an upset stomach, . . .

If you can't relax and you feel irritable, . . .

If you are extremely tired, . . .

. . . then it's possible you are stressed.



Is stress bad for me?

Occasional stress is common and can be good for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so work or study is difficult.

What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, make an appointment to see your doctor.

RELAXATION TECHNIQUES

1 Breathe Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.

2 Exercise Walk or exercise for just 30 minutes each day and feel better.



3 Talk Call a friend. Talk about your problems.

4 Meditate Close your eyes and focus on something calm. Feel relaxed.

5 Pamper yourself

Take a hot bath, or have a massage.



6 Do something you enjoy

Listen to music. Sing. Watch TV. Meet a friend.

Department of Health – "Take care of yourself."

Learning tip *Learning words together*

When you learn a new word or expression, write down other words you can use with it.

1 Complete these expressions. Use the words in the box.

a break better home in bed medicine sick

feel		stay		take	
------	--	------	--	------	--

2 Which of these verbs can you use with the words and expressions in the chart? Complete the chart. You can use some verbs more than once.

be do feel get go (to) have see stay take

be	sick	get	allergies	get	a vacation
feel		have		have	
get				take	
do	exercise	get	a headache	get	a cough
get		have		have	
do	a checkup	get	home	get	healthy
get		go		feel	
go to		be		stay	
have		stay		be	
		take			
get	stressed	get	in shape	get	a doctor
be		be		go to	
feel		feel		be	
		stay		have	
				see	

Sleep is very important to keep you healthy and happy. If you feel really stressed it's possible that you're not sleeping well at night or getting enough rest. This can affect your ability to concentrate and do your job or study.

Here are some techniques to help:

Stop work about half an hour before you go to bed and don't watch TV.



Don't drink strong tea or coffee, or eat very sweet things. Have a meal with rice or pasta as they can make you sleepy. If you don't like reading, turn on the radio and listen to a discussion. Find a show where people are talking. Sometimes the sound of someone's voice can relax you. If you can't sleep

because you're worrying, get up and do something different. Try something quiet and calming like a crossword puzzle. Some people like to wash the dishes or clean things around the house.

Be sure to get some exercise every week. Try tennis, go swimming, or play golf. These activities all help you with stress and they're fun.

Some sports, like running and weight lifting don't help because they put a lot of strain on your body and that can mean more stress.

Above all, don't worry if you're not sleeping!



1.If you feel really stressed :

- a. it keeps you healthy and happy.
- b. sleep is not important .
- c. you need to eat before sleep.
- d. it means you're not getting enough sleep.

2.Before you go to sleep you should:

- a. Don't watch TV.
- b. Watch TV.
- c. stop work before half an hour.
- d. a&c.

3.Before you go to sleep you should have:

- a. rice or pasta
- b. strong tea and coffee
- c. very sweet things
- d. chicken

4.If you can't sleep because you're worrying:

- a. stay in bed
- b. watch TV
- c. do something different
- d. listen to loud music

5.Some sports don't help, for example:

- a. tennis
- b. playing golf
- c. swimming
- d. running

6.Which of the following would be the best title for the article:

- a. Tiring Job
- b. Sports and Health
- c. Sleep and Stress
- d. Playing Golf

Complete the conversations with the correct form of the verbs.

1. **Sam** You look (look) great, Andrew. How do you stay (stay) in shape?

Andrew Well, I am not eating (not eat) any junk food these days. And I usually exercise (exercise) three or four times a week.

Sam That's great. What kind of exercise do you usually do (do)? I mean, do you take (take) an aerobics class?

Andrew No, but I just started a soccer class at Soccer World. I really love (love) it. Actually, I am walking (walk) there now. Do you want (want) to come?

Sam Uh, thanks, but I'm kind of busy right now.

Andrew Really? Where are you going (go)?

Sam I 'm going (go) to The Good Life. It's my favorite place to eat.

Andrew Oh, is that a health-food restaurant?

Sam Actually, no, . . . it's an ice-cream store.

2. **Doctor** You're not in very good shape, Ken. Are you eating right?

Ken Well, I want (want) to give up meat, and I am trying (try) to eat a balanced diet, but it's hard.

Doctor Are you eating (eat) a lot of vegetables these days?

Ken Oh, yes. I eat (eat) vegetables every day. I love (love) French fries.

Doctor Oh, are you getting (get) enough exercise these days?

Ken To be honest, not really. I'm really busy. I take (take) a class three days a week. I am learning (learn) to bake cakes.

Doctor But what about exercise? Are you doing (do) any exercise these days?

Ken Well, I walk (walk) to the supermarket every other day. And I play (play) pool twice a week.

Complete the following conversation using the words between parenthesis:

1.A: *what do you do when you are sick?*

(when / are sick)

B: When I'm sick, I stay home and watch TV all day.

2.A: *what do you do if you have a bad cough?*

(if / have a bad cough)

B: I chat on the internet with my friends instead of on the phone if I have a bad cough.

3.A: *what do you do if you get a stomachache?*

(if / get a stomachache)

B: If I get a stomachache, I drink water. I don't eat a lot.

4.A: *what do you do when you have a fever?*

(when / have a fever)

B: When I have a fever, I take aspirin. I don't go out.

Complete the conversation. Use the sentences in the box.

Headaches too? Do you take anything?	✓ Oh, no! Do you sneeze a lot?
You're kidding! How come?	Gosh, that's terrible! So, what are you studying?
Are you serious? You can't study?	Really? But how can you study when you feel sick?

Joan What's the matter, Mary? Your nose and eyes are red.

Mary Oh, it's my allergies. I always feel this way in the spring.

Joan Oh, no! Do you sneeze a lot?

Mary Oh, yes. I sneeze all the time. And I get headaches.

Joan Headaches too? do you take anything

Mary Not really. Actually, I don't like to take medicine.

Joan You're kidding !how come ?

Mary Well, if I take medicine, I can't study.

Joan Are you serious? you can't study?

Mary Well, you see, when I take medicine, I always fall asleep.

Joan Really?But how can you study when you feel sick?

Mary It's hard, but I need to. I have a big test next week.

Joan Gosh,that's terrible!so what are you studying?

Mary I'm studying to be a doctor.



Unit Vocabulary

- Junk food
- Meat
- Karate
- weight
- Diet
- Honest
- Snack
- Hiking
- Ache
- Pain
- Sore
- Fever
- Flu
- Cough
- Stomachache
- Toothache
- Headache
- Cold
- Throat
- Sick
- Allergy
- sneeze
- Fever
- Flu
- Cough
- Stomachache
- Toothache
- Headache
- Cold
- Throat
- Sick
- Allergy
- sneeze
- Stress
- Concentrate
- Depressed
- Upset
- Relax
- Irritable