### **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

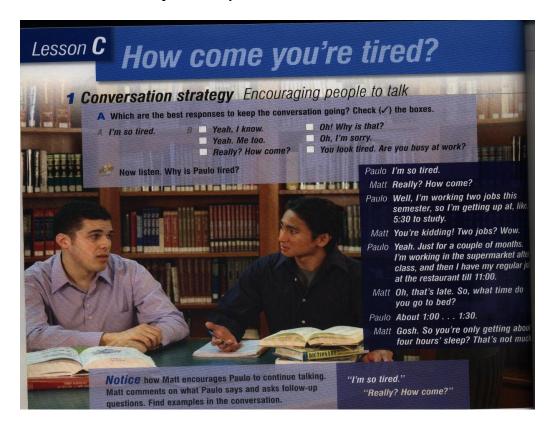
I usually drink coffee in the morning.

Usually the sky is clear.

always: all the time.

I love chocolate. I always eat it

His room is always messy.



- **B** Match each sentence with an appropriate reply. Then practice with a partner.
  - 1-I meed 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 pen 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:

Oh!

Gosh!

Really? Wow!

Oh, my gosh! You're kidding!

Oh, wow!

Are you serious?

No way!

No!

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.



#### stress bad for me?

casional stress is common and can be good for you. wever, if you feel stressed for a long time, it can be rious. Stress can make you sick. It can also affect your emory or concentration, so work or study is difficult.

#### 'hat can I do?

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

#### RELAXATION TECHNIQUES

- Breathe Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.
- Exercise Walk or exercise for just 30 minutes each day and feel better.



- Talk Call a friend. Talk about your problems.
- Meditate Close your eyes and focus on something calm. Feel relaxed.



O 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.

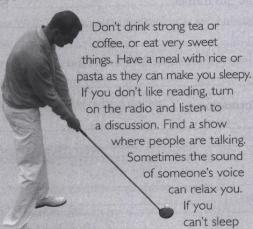
1 Complete these expressions. Use the words in the box.

break	b	etter	home	in be	d r	nedicine		sick
feel			stay		No. of Street, or other Persons	take		
			u use with th e some verbs			ons in the c	hart?	
be do	feel	get	go (to)	nave see	stay	take		
		oiak		-11	aunta a	get		
be feel		sick	get ha	480	ergies	have		a vacation
get		NA SHURSH	advoitivi tar	ior or ab you			take	Car Ca
do get		exercise		get a l	neadache		get	a cough
				have	dilead	hav	e	
do		a checkup		get ho	me	get	feel	healthy
get			1	go			icci	Made
go to		Alastonia di	be			h	stay	- Juni
have			take	stay		50		SHE WAS
get		stressed	get	in	in shape	ge	et	a doctor
be feel		String Aug	be			go t	to	
			fee			be		
	rieg's		S	tay			have	ma a
							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.



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

C	omplete	the conversations with the correct form of the verbs.
1		You look (look) great, Andrew. How do you stay (stay) in shape?
	Andrew	Well, I'm not eating(not eat) any junk food these days. And I usually <u>exercise</u> (exercise) three or four times a week.
	Sam	That's great. What kind of exercisedoyou usuallydo (do)? I mean,doyoutake (take)
	Andrew	an aerobics class?  No, but I just started a soccer class at Soccer World.  I really (love) it. Actually, I'm walking (walk)
		there now 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?
		Actually, no, it's an ice-cream store.

2.		You're not in very good shape, Ken. Are you eating right?
		Well, I want (want) to give up meat, and
		I m trying (try) to eat a balanced diet, but it's hard.
	Doctor	you _eating (eat) a lot of vegetables
		these days?
	Ken	Oh, yes. Ieat (eat) vegetables every day.
		1_tove (love) French fries.
	Doctor	Oh. are you gering (get) enough exercise
		these days?
	Ken	To be honest, not really. I'm really busy.
		Itake (take) a class three days a week.
		I'm learning (learn) to bake cakes.
	Doctor	But what about exercise? you doing (CO)  any exercise these days?
	Ken	Well, I walk (walk) to the supermarket every
		other day. And I (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?

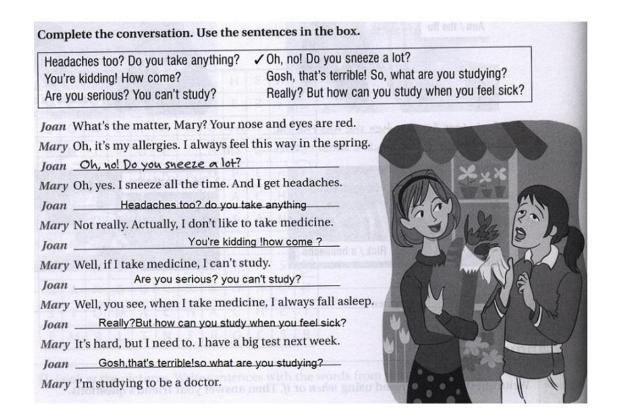
(if / get a stomachache)

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.



## **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