1 WORD POWER

1 WORD POWER A2 **Sample answers**

I know exactly how you feel you feel. I've had my appendix out. It was scary going into the operating theatre. / **I can imagine** what that flight must have been like. I've flown through rough weather too. / **I know exactly how you must feel**. I hate speaking in front of an audience.

1 WORD POWER C **Sample answers**

1 Some events which can cause post-traumatic stress disorder: military combat, natural disasters, car accident, near-death experiences or violent personal assaults like rape.
2 When overly stressed people become burnt out, they can develop depression over feelings of not being able to cope.

2 READING

2 READING A **Answers**

1 frail **2** procedure
3 random **4** bid
5 proven

2 READING B2 **Sample answers**

People were stressed by reading out loud. Then, blood pressure was measured to see if the presence of fish in an aquarium reduced stress. It did.

4 LISTEN DVD

4 LISTEN B, C, D **Answers**

B True: People's health improves; people giggle. False: People tell jokes; people talk to each other.

C If you see other people laughing, you start laughing yourself / too.

D **1** 5,000 members.
2 You see other people laughing.
3 On 13 March, 1995, Madan Kataria went to a park and said she wanted to start a laughter club.
4 Laughter yoga.

WORKBOOK: 1 WORD POWER

1 WORD POWER **Sample answers**

1 I injured my back while I was *working out* at the gym. – **You must be feeling absolutely terrible.** Have you seen the doctor? / **There's nothing to worry about.** Take some painkillers. **2** I took the *red-eye* flight to Lisbon and feel really tired and stressed today. – **I can see how difficult it must be** for you to stay awake. You look really tired. / **It's not such a big thing.** Have some coffee. **3** My doctor said I need to *watch my diet* if I want to improve my health. – **I know exactly how you must be feeling.** My doctor said I needed more exercise. / **Let's try to keep things in perspective.** Just eat smaller portions. **4** I felt better after taking those *anti-depressants,* but I didn't like the side-effects. – **That must have been very hard for you.** Is there anything I can do? / **Everything's going to be fine.** You'll soon get used to them. **5** I'm worried about my husband – he finds it difficult to switch off and gets stressed. – **I feel so sorry for** both of you. It can be hard to leave work behind. / **Try to calm down; worrying won't help.** He just needs a hobby. **6** After serving in the army, my father developed *post-traumatic stress disorder.* – **I can imagine how painful it must have been** for him. Can he get any help for that? / **There's nothing to worry about.** It's a common reaction.

3 SPEAKING STRATEGIES: Anticipating questions

3 SPEAKING STRATEGIES **Answers**

1 f **2** c **3** d **4** b **5** a **6** e

4 IDIOMS

4 IDIOMS **Answers**

1 b **2** d **3** c **4** a **5** f **6** e

1 to lose the plot = to feel stressed or out of control
2 to pay the price = to suffer the consequences **3** to compare notes = to check each other's information about something **4** just what the doctor ordered = exactly the right thing **5** to let off steam = to express strong feeling, release pent-up emotion
6 an emotional rollercoaster = lead to very strong swings / variations in feelings / emotions

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