

Lesson 17 – Mental Health and Wellness

Learning Objectives

After this lesson, students will be able to:

1. Define what well-being is.
2. Give details and examples to relate vocabulary to the topic.
3. Compare and contrast commonly confused vocabularies.
4. Use present perfect continuous tense to talk about continuing actions and/or new routines.
5. Recognize and modify incorrect usage of word forms.
6. Express knowledge and ideas about specific issues.
7. Use modals of obligation to provide recommendations.
8. Point out syllables of words to which stress has to be put on.

Lesson 17. Mental Health and Wellness

Explain how flourishing was discussed in the video. Give examples.



<https://youtu.be/mxz8KyV3Ydc>

Lesson 17. Mental Health and Wellness

What is well-being?



Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.

For public health purposes, physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being. Researchers from different disciplines have examined different aspects of well-being.

Ponder this!

Which among the dimensions of well-being is the most difficult to take care of?

Source: [Well-Being Concepts | HRQOL | CDC](#)

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Supply the form being asked in the table below.

What part of speech?	Supply the form:	Connection to Mental Health and Wellbeing
traumatic	<i>verb</i>	
stigma	<i>verb</i>	
anxious	<i>noun</i>	
therapy	<i>adjective</i>	
diagnose	<i>noun</i>	
habit	<i>adjective</i>	
benefit	<i>verb</i>	
progress	<i>verb</i>	
respond	<i>noun</i>	

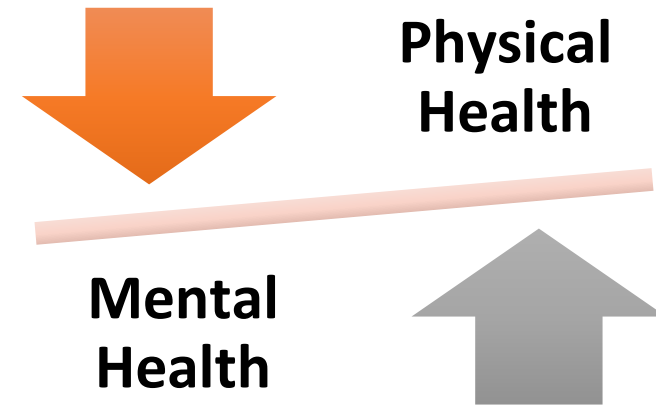
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Discuss the similarities and differences of the vocabularies below.

- Health
- Wellness

- Psychologist
- Psychiatrist

- Existence
- Presence



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Use present perfect continuous tense to talk about habits that need to be changed or retained.

I have been learning

subject + auxiliary 'to have' in Present Tense (have/has) + been (Past Participle 'to be') + main verb Present Participle (ending +ing)

English which I think is a good habit that should be retained because it is a useful way of diverting my attention from too much work.

Habit 1

- Good or bad?
- Supporting Details

Habit 2

- Good or bad?
- Supporting Details

Habit 3

- Good or bad?
- Supporting Details

Habit 4

- Good or bad?
- Supporting Details

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Change the incorrect forms of words in the text.

Britain's National Health Service (NHS) **suggestion** that up to half of adults have suffered from some form of mental illness at some stage in their life. Data from the Health Survey for England reveals that 25 per cent of all adults have been **diagnosis** with a mental health problem, while a further 18 per cent **belief** they have suffered from one but have not seen a doctor for diagnosis. Mental health **expertise** Andy Bell said more needed to be done for people to get the help they need: Mr Bell said: "[These] figures are another wake-up call for the NHS to ensure that mental health support is available for people who need it when they need it. **Time** access to effective mental health treatment saves lives."

Researchers questioned 5000 adults about their experience. They found that 26 **percentage** of people said they had received a mental health illness diagnosis. According to the survey, depression was the most **commonly** form of mental illness, with 19 percent of people saying they had suffered from the condition. Women are more **like** to suffer from mental health problems than men. Over 40 percent of **middle-ages** women have been diagnosed with an illness at some point in their life. A spokeswoman from the mental health charity Sane bemoaned the survey's findings. She said: "These are **shocked** figures... because the scale of mental illness is already known **to** often ignored.

Source: [Breaking News English Lessons: Easy English World News Materials – ESL](#)

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Modify the false statements to make them correct.

1. Britain's health service said half of British people are mentally ill.
2. Most people in Britain have had an undiagnosed mental illness.
3. A mental health expert said people needed to wake up.
4. Effective mental health treatment saves people's lives.
5. Researchers surveyed 5,000 in a survey on mental health.
6. The most common mental health problem in Britain is depression.
7. Men in Britain suffer more mental health problems than women.
8. A charity worker said mental health issues are often ignored.



What do you know about these illnesses and what can be done about them?

Surf the internet for more information.

Free Response

Depression

Anxiety

Anorexia

OCD

PTSD

PPD

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What are your thoughts on the following issues?

1. Physical health is more important than mental health.
2. Therapy is the best way to help someone with a mental health problem.
3. Medicines can bring wellness to an individual.
4. Mental disorders are brought by people's own decisions and actions.
5. Health and wellness are a choice.
6. Crying is a sign of weakness.
7. The awareness and knowledge of most people on mental health adequate.
8. Changing lifestyles is the first step to achieving wellness.



Lesson 17. Mental Health and Wellness

Modals of Obligation

To say something is necessary

1. Must

We use “must” to talk about obligations. Often, when we use “must”, the authority for the obligation comes from the person who is speaking.

Examples:

“You must do your homework every night.” (Because I say you must!)

“I must stop smoking!” (Because I think it’s a good idea to stop.)

2. Have to

We can also use “have to” to talk about rules and regulations. The authority for the obligation doesn’t come from the person who is speaking. Perhaps the rule is a general law or obligation.

“In England you have to pay tax.”

“We have to check everyone’s ID.”

“Have to” is a normal verb. Use “do” or “does” to make a question, and “don’t” or “doesn’t” to make a negative.

“Do you have to vote in an election?”

“He doesn’t have to wear a uniform to school.”

More details: [English Grammar: Modals of Obligation – english-at-home.com \(english-at-home.com\)](http://english-at-home.com/english-at-home.com)

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Modals of Obligation

To say something is necessary



3. Need to

We use “need to” to talk about what is necessary.

Examples:

“You need to go to the hairdresser’s. Your hair is very long.”

“She needs to go to the doctor. She gets headaches every day.”

“Need to” is like “have to”: use do / does to make questions:

“Do you need to pass an exam to get into university?”

“Does she need to get a job?”

4. Should

Should is a weak obligation, and we use it to give advice.

“You should study hard so you can pass the exam.”

“He should see a doctor.”

The negative form is “shouldn’t”:

“You shouldn’t smoke. It’s bad for your health.”

More details: [English Grammar: Modals of Obligation – english-at-home.com \(english-at-home.com\)](http://english-at-home.com/english-at-home.com)

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5 steps to Mental Wellbeing



Source:

[Five ways to wellbeing | Mind, the mental health charity - help for mental health problems | Mind, the mental health charity - help for mental health problems](#)

Using the 5 Steps to Mental Wellbeing on the left, give specific activities that an individual must do in order to achieve good mental health and wellness.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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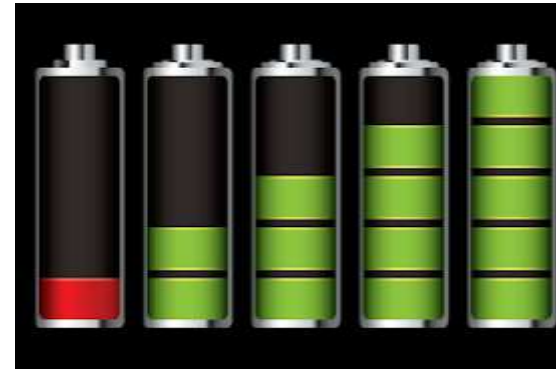
What do the following idioms mean?



He was unemployed and homeless, but somehow he managed to **keep body and soul together**.



Moving closer to his children has given him **a new lease of life**.



Sam is completely overworked. He needs a holiday to **recharge his batteries**.



We hoped he would recover but it seems like he **had taken a turn for the worse** moving to another company.

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Express Yourself

1. Share a *harebrained idea* you recently heard.
2. Do you think *sharp cookies* are not very susceptible to having mental disorders?
3. Is changing one's lifestyle a *no-brainer*?
4. What specific stigmas are there about mental illnesses?
5. What are the common causes of mental disorders?
6. What are the challenges in achieving one's wellbeing?
7. Who do you think can help you the most in achieving your wellbeing?
8. Have you ever cut off someone in your life whom you think affects your wellbeing?
9. What are the visible signs that someone is in need of emotional support?
10. How is technology shaping the minds of today's people?
11. Internet trolling: A minor grievance or significant problem?
12. What ways are there to spread awareness and knowledge about mental health?

Lesson 17. Mental Health and Wellness

Where is the stress?

traumatize	traa	muh	taiz	
traumatic	truh	mah	tuhk	
anxiety	ang	zai	uh	tee
therapeutic	theh	ruh	pyoo	tuhk
therapy	theh	ruh	pee	
diagnosis	dai	uhg	now	suhs
psychiatrist	sai	kai	uh	truhst
psychologist	sai	kaa	luh	juhst

The End