

Well-being

1. Brainstorm

Think of some words and phrases that you associate with the word 'well-being'.

2. Reading (1)

Read the blog quickly. Which is the most suitable title from the list below.

- A. Feelings about the pandemic
- B. Tips for planning a long day
- C. Taking control of your well-being when there's no fixed routine

For many people, the pandemic meant many long days with nothing to do and all 'normal' activities suspended. Even school was disrupted. This made some people feel bored, lonely or depressed. Many forgot about their well-being during this time.

It's tempting when we have no fixed schedule to just go with the flow. Maybe wake up, go online for a while and then go back to sleep for hours – or watch Netflix and eat unhealthy snacks all day. Lazy days are fun, but too many can lead to a bad diet, no exercise and poor well-being. We should avoid this.

Consider how you spent some days during the pandemic. Did you plan to do something (e.g. call a friend) and forgot because you ran out of time? Did you 'half-plan' something (e.g. you planned to make a cake but forgot to buy the ingredients in advance)? If so, you weren't alone!

There's a lot we can't control in life (like a pandemic!), but we can control some parts. Start with regular habits. We all have some fixed routines (e.g. get up, clean your teeth, eat breakfast and have a shower) and they're there for a good reason: your well-being! Are you carrying out these routines? Next, look at how your days are organised and think what else would be good for your well-being. Ask yourself: When are you at your best? If you're more alert in the morning, do schoolwork then and use the afternoon for relaxing. Don't forget, if you're planning to do something special later in the day, list what you need in the morning and use your phone alarm to remind you to do it. Finally, for healthy nights, consider: What helps you sleep well? What doesn't help? Which music relaxes you?

We often get distracted for hours by social media, so consider that too. When's the best time for social media? If you tend to get into online arguments, maybe the morning isn't a good idea because you'll start the day on the wrong foot! Should you do social media later instead? In fact, how many hours do you *want* to spend online? (Remember that time spent online is time spent away from something else!) If you want a break from calls and messages, you can always turn off your notifications.

The trick is to make time for exercise, food, fun and other aspects of well-being. And make those activities part of *every* day, like all regular routines. YOUR well-being matters!

Source: Rachael Roberts, life coach

3. Reading (2)

Read the blog again. Find the recommended tip for each of these problems.

1. When's the best time to do activities that require hard work and concentration?
2. How can you remind yourself to do things later in the day?
3. How can you stop looking at messages, posts, 'likes' and emails during the day?

Can you think of other tips or suggestions for questions 1–3? Suggest some ideas.

4. Pronunciation

Listen to your teacher read the question types aloud. Which type of question rises at the end and which one falls at the end?

Yes/no questions

- Did you plan to do something but forget?
- Did you 'half-plan' something?
- Are you carrying out these routines?
- Should you do social media later?

Wh-questions

- When are you at your best?
- When's the best time for social media?
- What helps you sleep well? What doesn't help you?
- Which music relaxes you?

5. Interview in pairs

Underline 4–6 questions from the ones above (or invent your own) that you would like to ask your partner about looking after their well-being. Then ask and answer the questions, paying attention to intonation. Note your partner's answers here.

What tips would you recommend to your partner? Tell them.

6. Pledge

List three things you would like to improve in the future (e.g. I won't go on social media in the mornings).