



ELLLO 1529 Dealing with Mental Health

Christian: So recently, I've been _____ [comes/come/coming] across a lot of mental health posts on social media, such _____ [an/as/at] Instagram, Twitter, Facebook, YouTube. And I've just been wondering, what is mental health? Could you please explain it _____ [to/at/of] me?

Tahia: Sure. So _____ [by/on/in] a nutshell, mental health is about the day-in, day-out state of our _____ [emotional/emotion/emotions], psychological and social wellbeing. But unfortunately, we _____ [tender/tended/tend] to neglect our mental health and brush it aside until it _____ [snowball/snowballs/snowballing] into a more serious problem and even a mental health disorder in some _____ [case/cases/casing].

Christian: Wow. Okay. Could you please explain what is a mental health _____ [dsorderly/disorder], and what kind of different mental health disorders are there?

Tahia: So, everybody _____ [experiences/experiencing/experience] mental health issues, but for some people, they might have a mental health disorder _____ [genetics/genetic/genetically], or for some people, they might develop mental health disorders _____ [above/upon/over] time. So there are about five categories of mental health disorders, I would say. The first one is mood disorders like _____ [depression/depressing/depressed] and bipolar, where you can be really _____ [happiness/happily/happy] one moment and extremely sad the next, and this can actually start _____ [interrupt/interruption/interrupting] your day to day life and your ability to complete simple tasks. There's also _____ [psychotic/psychologist/psychology] disorders like schizophrenia, where you can hallucinate. There's body disorders like anorexia and body dysmorphia, which _____ [affects/effective/effects] the way that you look at yourself physically and ultimately affects how you _____ [psychological/psychologically/psychology] perceive yourself. There are also cognitive disorders, which are issues relating to learning _____ [difficulties/difficult/difference], Alzheimer's and things like this. And then the final, perhaps most common area of mental health disorders is anxiety, which includes things like social anxiety and OCD, which stands for _____ [obsess/obsessive/obsessively] compulsive disorder. So this could be for example, _____ [obsessive/obsession/obsessively] cleaning, because you feel as though if you don't clean, you're being _____ [lazy/lazily/laziness/] or you feel like you can't be _____ [productive/productively/production]. So that's kind of the five different categories of mental health disorders that I think are _____ [at/in/out] there at the moment.

Christian: Wow. That's very interesting. And I do think that I have social _____ [anxiety/anxious/anxiously/] because whenever I go out, I tend to get very nervous and _____ [sweatiness/sweats/sweaty]. So for someone like me and for other people that may have other mental health disorders, what can we do to _____ [improved/improving/improve] our mental health?

Tahia: Well, depending on what you think you're struggling with, there are _____ [loading/load/loads] of different techniques and specific things that you can do to tackle them. So, for example, have you seen _____ [fidgeting/fidgets/fidget/] toys recently on social media?

Christian: Yeah, I have.

Tahia: So, fidget toys are a really good way to just _____ [manage/manages/management] your anxiety. So, for example, my little sister loves using fidget toys when she's _____ [speaking/spoken/speaks] or when she's thinking about something that's making her feel stressed _____ [out/up/at/]. It's just a way of physically releasing some of the energy that you have built _____ [in/up/on] inside of you because of your anxiety.

Christian: Wow. That's _____ [amazes/amaze/amazing]. I think I'm going to have to buy one.

Tahia: Definitely. I would _____ [recommendation/recommend/recommending/] it. But apart from more specific things that you can do, I have some _____ [generous/general/generally] advice. I think that we really have to take care of our physical health, meaning exercising and eating and drinking the _____ [rightly/right/rightfully] foods and lots of water. We also have to make sure that we're spending time with our friends and families and then we take _____ [timing/timely/time] for ourselves. I personally love meditating as this is me time. And I also like doing self _____ [care/caring/careful] activities like putting on a mask and going to the salon to look and feel _____ [goods/good/goodness]. I would really recommend that you spend a lot of me time and do have a self-care _____ [activity/act/action] that you care about. What _____ [actions/activity/acting] would you do?

Christian: I think I would do _____ [meditated/meditates/meditating/], but I'm not too sure how to do it. Could you please explain to me how I could _____ [meditating/meditation/meditate] ?

Tahia: Sure. There are loads of _____ [used/using/useful] apps that you could use that gives you tips and _____ [technical/techniques/technically] on how to meditate. One that I use is Balance, and it _____ [teaches/teach/teaching/] me how to use _____ [breathing/breath/breathe] techniques to manage my stress. For example, by _____ [breaths/breathing/breathe/] in for four seconds, holding my breath for seven seconds and breathing out for eight seconds, which is called the 4-7-8 technique. You _____ [shal/should/will] definitely try that.

Christian: Amazing. I will definitely try _____ [those/then/that]. Thank you.

