

HOW TO CONTROL EMOTIONS

Цілі: вдосконалювати навички вживання нових лексичних одиниць; вдосконалювати навички читання, аудіювання й усного монологічного мовлення; розвивати пізнавальні інтереси учнів; виховувати толерантне ставлення до інших, а також загальну культуру учнів.

Procedure

1. Warm-up

- 1) Does it drive you crazy to always see the same faces and read about the same celebrities in the gossip columns?
- 2) Does it drive you crazy when waiters ignore you?
- 3) Does it drive you crazy when you have invited people to dinner and they come late and the meal is spoiled?
- 4) Does it make you angry when motorists drive too closely behind you?
- 5) Does it make you angry when people make nasty comments about you ?
- 6) Does it make you angry when you have made an appointment to see the doctor at a certain time and he / she keeps you waiting for ages?
- 7) Does it upset or annoy you when a beggar asks you for money?
- 8) Does it upset you when have to say "No" when someone asks you for help?
- 9) Does it upset you when you see homeless people?
- 10) Does it upset you when you see people hitting children or animals?

2. Listening

Listen to the article and fill in the gaps with the words you'll hear.

FOR LOTS OF PEOPLE, GETTING OLDER MEANS GETTING HAPPIER

Old age may not sound exciting. But recent findings offer good news for older people and for people (1)... about getting older.

Researchers found that people become happier and experience less worry after they (2)... the age of fifty. In fact, they say by the age of eighty-five, people are happier with their life than they were when they were eighteen years old.

The findings came from a (3)... of more than three hundred forty thousand adults in the United States. The Gallup Organization questioned them by telephone in two thousand eight. At that time, the people were between the ages of eighteen and eighty-five.

The researchers asked questions about (4) ... like happiness, sadness and worry. They also asked about mental or emotional stress.

Arthur Stone in the Department of Psychiatry and Behavioral Science at Stony Brook University in New York led the study. His team found that levels of stress were (5)... among adults between the ages of twenty-two and twenty-five.

The findings showed that stress levels dropped (6) ... after people reached their fifties.

Happiness was highest among the youngest adults and those in their early seventies. The people (7)... likely to report feeling negative emotions were those in their seventies and eighties.

The study also showed that men and women have similar emotional (8) ... as they grow older. However, women at all ages reported more sadness, stress and worry than men.

The findings appeared in the Proceedings of the National Academy of Sciences.

Researchers say they do not know why happiness increases as people get older. One theory is that, as people grow older, they grow more (9)... for what they have and have better control of their emotions. They also spend less time thinking about bad experiences.

Professor Stone says the emotional patterns could be (10)... to changes in how people see the world, or maybe even changes in brain (11)... .

The researchers also considered possible influences like having young children, being unemployed or being single. But they found that influences like these did not affect the levels of happiness and well-being related to age.

Key: 1 worried, 2 reach, 3 survey, 4 emotions, 5 highest, 6 sharply, 7 least, 8 patterns, 9 thankful, 10 linked, 11 chemistry.

3. Reading

Read the article and say if you agree with these pieces of advice. Are you going to follow them?

HOW TO CONTROL EMOTIONS IN 3 SIMPLE STEPS

From the moment we were born, we've been a slave to our emotions. Babies cry, kids throw tantrums, teenagers rebel... However, there are times when we need to rein these feelings in and learn how to control emotions.

After all, you can't exactly break down in tears whenever your boss disagrees with your idea. And you can't exactly hit other people either because they irritate you.

So how do you control emotions?

Step 1: Be Prepared. Sometimes, we feel a burst of emotion when we're caught unaware. When someone says something that we don't expect, we might cry, laugh or get really angry. This might be okay when you're among friends, but it's a different story altogether when you're in the middle of a board meeting.

One way on how to control emotions is to prepare yourself for what's ahead. For example, if you already know that you're meeting with an insufferable client, pace yourself. Tell yourself not to get hot-headed. Be the epitome of cool. Preparing yourself helps you control your emotions and not the other way around.

Step 2: Be Objective. By separating yourself from the situation, you're able to look at things in a more logical perspective.

Let's say you're a journalist covering an earthquake tragedy where thousands of people died. If you want to learn how to control emotions long enough so you can do your job properly, detach yourself from the number of grieving people. Focus on the numbers and the science.

Learning how to control emotions might sound harsh and cold in a tragedy such as this; but sometimes, it's the only way you can do your job and report the incident properly.

Step 3: Be Patient. Counting 1-10 won't help you if you're a pretty impatient person. Therefore, it's important that you work on that area of yourself. Being patient helps delay bursts of emotion that may not be appropriate for the situation. It gives your feelings time to subside and retreat.

One way to cultivate patience is meditation. This activity also helps you calm yourself down and quell strong waves of emotion.

Being able to feel emotions and express them is part of being human. There's nothing wrong with that. However, there are certain instances wherein we must learn how to control emotions. Besides, sudden bursts of emotions also lead us to doing things we might regret later on. In order to avoid any awkward situations, remember to be prepared, be objective and be patient.

Controlling emotions is just one key to success.

4. Speaking

Do ex. 5, p. 213.

5. Summary

Do ex. 6, p. 214.

6. Homework

Do ex. 4, p. 212.