

Lecture (26)

Sleep is very important to keep you healthy and happy. If you feel really stressed it's possible that you're not sleeping well at night or getting enough rest. This can affect your ability to concentrate and do your job or study.

Here are some techniques to help:

Stop work about half an hour before you go to bed and don't watch TV.



Don't drink strong tea or coffee, or eat very sweet things. Have a meal with rice or pasta as they can make you sleepy. If you don't like reading, turn on the radio and listen to a discussion. Find a show where people are talking. Sometimes the sound of someone's voice can relax you. If you can't sleep

because you're worrying, get up and do something different. Try something quiet and calming like a crossword puzzle. Some people like to wash the dishes or clean things around the house.

Be sure to get some exercise every week. Try tennis, go swimming, or play golf. These activities all help you with stress and they're fun.

Some sports, like running and weight lifting, don't help because they put a lot of strain on your body and that can mean more stress.

Above all, don't worry if you're not sleeping!



Some Young People's Hobbies

There are many hobbies and hobby sites on the Internet. Camping and chess sites are two of them. Although these two hobbies are very different, they have one thing in common: both are very popular with young people. Why?

One reason camping is so popular is because it's cheap. There are campgrounds around the world, and they're all different. Some have indoor swimming pools and restaurants. Others don't even have water! But the areas near campgrounds are almost always beautiful.

Camping is relaxing. Campers can get up early in the morning and cook breakfast with their family. They can spend the day swimming, fishing, going hiking in the mountains, looking at wildlife, or just reading. There's usually no noise, no traffic, and no stress. Campers usually sleep very well at night.

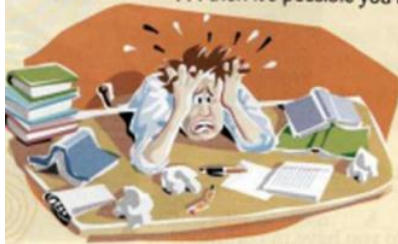
And what about chess? It's cool now, but in the past not many young people played the game. A lot of young people got interested in learning chess when they saw it on TV. And many famous people enjoy playing chess. Young people often follow what famous people do, even if it's chess!

More and more schoolchildren are learning the game. Many schools have chess clubs, and there are national competitions every year. And people can play chess on computers, too. That means a person can compete against a computer, or can even play against a friend or cousin on the Internet. You can play chess anywhere – even when you're camping!

COMMON QUESTIONS ABOUT STRESS

Am I stressed?

If you can't sleep well or can't concentrate, ...
 If you feel depressed or want to cry a lot, ...
 If you have a headache or an upset stomach, ...
 If you can't relax and you feel irritable, ...
 If you are extremely tired, ...
 ... then it's possible you are stressed.

**Is stress bad for me?**

Occasional stress is common and can be good for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so work or study is difficult.

What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, make an appointment to see your doctor.

RELAXATION TECHNIQUES

1 Breathe Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.

2 Exercise Walk or exercise for just 30 minutes each day and feel better.



3 Talk Call a friend. Talk about your problems.

4 Meditate Close your eyes and focus on something calm. Feel relaxed.

5 Pamper yourself Take a hot bath, or have a massage.



6 Do something you enjoy Listen to music. Sing. Watch TV. Meet a friend.

Department of Health – "Take care of yourself."

A Read the article. Then add the correct heading to each paragraph.

Traditional ways to celebrate	History of the holiday	When is Father's Day?
Ideas for Father's Day	✓ Why people celebrate Father's Day	

Father's Day

Why people celebrate Father's Day

In many countries, there is a special day of the year when children of all ages celebrate their fathers. On this day – Father's Day – children tell their fathers that they love them, and thank them for their love and care.

History of the holiday

Father's Day is not a new celebration. Historians say a boy left a Father's Day message on a card made of clay about 4,000 years ago. The modern festival of Father's Day came from the United States when Sonora Louise Smart Dodd first thought of having a Father's Day celebration in 1909 to show her love for her father. In the United States, Father's Day became an official holiday in 1966.

When is Father's Day?

People in different countries celebrate Father's Day on different days. In the United States and the United Kingdom, it's on the third Sunday in June, whereas in Russia, it's in the month of February.

Traditional ways to celebrate

Although many countries celebrate Father's Day at different times of the year, the holidays have one purpose in common – to show love and appreciation for fathers. For example, on Father's Day morning, some children bring their fathers breakfast in bed. Others give their fathers gifts they made especially for this holiday. And adults send their fathers cards.

Ideas for Father's Day

What are you going to do next Father's Day? Maybe you can use some of these ideas to make your fathers feel special.

- make or buy your father a beautiful card
- write him a letter telling him why you appreciate him
- do a special chore for him
- make him a special meal or bake a cake
- buy him his favorite candy
- plant a flower or tree somewhere he can see it

Time to celebrate!

An invitation to a wedding

Different countries celebrate weddings with different traditions. Here are some traditions in the U.S., the United Kingdom, and Australia:

Before the wedding

Before the wedding, the bride's family sends out invitations. Some weddings happen at midday; others happen in the afternoon or morning.

The bride and groom go to with their families for a wedding ceremony. At the ceremony, the bride and groom make promises. Then they sign the wedding register. The main bridesmaid, usually a friend or relative of the bride, holds the bride's flowers in the ceremony. After the ceremony, the bride and groom usually travel together to the reception in a large car, decorated with ribbons.

The reception

The reception happens at the bride's house, a hotel or large country house. Before the reception, a photographer takes photos of the bride and groom and their families. The photographer also takes more photos at the reception. All the guests enjoy a meal together. At the end of the meal, some people make speeches. They wish the bride and groom 'good health' and 'great happiness'. Then the bride and groom cut their wedding cake - this is a good chance to take photos.

After the wedding, the bride and groom leave the reception and go on vacation together. This is called a 'honeymoon'. When the guests leave, they often receive a small bag of 'Jordan almonds' - nuts covered in sugar - to take home with them.

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AT HOME - How typical are you?

Do you make your bed every day? Do you try to save electricity at home? Are you a pack rat? Read about the home habits of Americans - are they the same as yours?

Making beds and doing dishes

74% of people make their beds every morning. 5% *never* do. And 3% actually change their sheets every day.

Do you wash the dishes right after eating? 58% of Americans do, but 5% let theirs sit for two or more days!

Neat and tidy

Are you an organized person? 13% of people alphabetize their books and magazines, or organize them in some way!

The average home has 13 cleaning products around the house.

Pack rats

How long do you save magazines? About half the population throws away old ones after six months. But 20% keep them for years and years.

Lights out

Are you careful about saving electricity? 25% of people turn off the light when they leave a room. 8% never do. Four out of five leave the lights on when they go out at night.

Who does the laundry?

Men do 29% of the 419 million loads of laundry washed each week. Almost all unmarried men do at least one load a week.

C Fill in the missing information from the article. Then discuss with a partner. Which facts do you find interesting? Which are surprising?

- 74% of people in the U.S. make their beds every morning.
- 58% of them do the dishes right after eating.
- 8% of Americans never turn off the light when they leave a room.
- 13% of them organize their books and magazines.
- 50% of all Americans throw away old magazines after six months.
- Almost all unmarried men in the U.S. do at least one load of laundry a week.

A Most people make their beds. I think that's surprising. I don't make mine every day.
 B No, me neither. I don't have time. I also think it's interesting that...

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