

Open C1 English · Unit 09

Health, Mind & Well-being

Grammar: Wish / If only / would rather (hypothetical)

Pronunciation: Rhythm and tonic stress

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How to use this study pack

- Study the grammar and vocabulary before attempting the output tasks.
- Use the public site for audio playback; this PDF is the printable study companion.
- Mark answers directly on paper, then return to the online lesson for media-rich practice.
- Keep a separate C1 notebook for rewritten answers, useful collocations and pronunciation notes.

Unit workflow

Input: reading, listening and media exposure.

Language focus: grammar, vocabulary, idioms and Use of English.

Output: writing, speaking, mediation and realistic everyday communication.

¿De qué va esta unidad?

En esta unidad, nos adentraremos en un tema fundamental tanto para la vida cotidiana como para los exámenes de nivel avanzado: Health, Mind & Well-being. A nivel C1, no basta con saber decir que te sientes "bien" o "mal"; se espera que seas capaz de discutir conceptos abstractos como la salud mental, el equilibrio entre la vida laboral y personal, y las complejas interacciones entre el bienestar físico y emocional. Este tema es recurrente en los exámenes de Cambridge, ya que permite al examinador evaluar tu capacidad para expresar opiniones matizadas, sentimientos profundos y juicios de valor sobre el estilo de vida moderno.

El principal reto de esta unidad radica en el uso de estructuras hipotéticas y de deseo. Al tratar temas de bienestar, a menudo nos referimos a situaciones que quisiéramos cambiar o a estados mentales que no son reales en el presente. Para ello, dominaremos estructuras como wish, if only y would rather, las cuales requieren un control preciso de los tiempos verbales para expresar arrepentimiento, deseos o preferencias. Además, trabajaremos el ritmo y el acento tónico (rhythm and tonic stress), elementos cruciales para sonar natural y transmitir la carga emocional adecuada al hablar de temas tan personales.

Objetivos de aprendizaje

- Grammar Mastery: Utilizar correctamente las estructuras de deseo y preferencia (wish, if only, would rather) para expresar situaciones hipotéticas relacionadas con el bienestar.
- Vocabulary Expansion: Adquirir y aplicar léxico avanzado relacionado con la salud mental, el estrés y el equilibrio emocional en contextos formales e informales.
- Reading Comprehension: Desarrollar la capacidad de comprender textos complejos y opiniones subjetivas sobre temas de salud y psicología.
- Listening Proficiency: Identificar matices de actitud y emoción en conversaciones sobre el bienestar mediante el control del ritmo y la entonación.
- Writing Precision: Redactar ensayos y cartas de opinión utilizando estructuras gramaticales de nivel C1 para argumentar sobre estilos de vida saludables.
- Speaking Fluency: Participar en debates y discusiones espontáneas sobre salud y bienestar con fluidez, utilizando el acento tónico para enfatizar puntos clave.

Lo que vas a encontrar

- Introduction: Una presentación del tema para activar tus conocimientos previos en inglés.
- Grammar Focus: Explicaciones detalladas y ejercicios sobre wish, if only y would rather.
- Vocabulary Builder: Un despliegue de términos avanzados sobre salud mental y bienestar físico.
- Idiomatic Expressions: Modismos y frases hechas para hablar de la salud y el estado de ánimo como un nativo.
- Reading Workshop: Lectura de artículos complejos con preguntas de comprensión de nivel C1.
- Listening Lab: Ejercicios de audición enfocados en entender matices y opiniones.

- Use of English Challenge: Práctica intensiva de transformations, word formation y open cloze con temática de salud.
- Writing Task: Guía paso a paso para redactar textos académicos y personales sobre bienestar.
- Speaking Practice: Simulaciones de exámenes de speaking (interacción y presentación larga).
- Mediation Task: Ejercicios para sintetizar información de diferentes fuentes sobre temas de salud.

Tiempo estimado

Total estimado: 6 horas

- Introduction: 15 min
- Grammar Focus: 50 min
- Vocabulary Builder: 40 min
- Idiomatic Expressions: 30 min
- Reading Workshop: 45 min
- Listening Lab: 35 min
- Use of English Challenge: 45 min
- Writing Task: 50 min
- Speaking Practice: 40 min
- Mediation Task: 30 min

Lesson 2: Grammar Focus

Explicación (en español)

En el nivel C1 Advanced, el uso de estructuras hipotéticas como wish, if only y would rather es fundamental para expresar deseos, arrepentimientos o quejas sobre situaciones actuales o pasadas. Aunque en español solemos usar el presente de subjuntivo para expresar deseos ("Ojalá tuviera..."), en inglés debemos "dar un paso atrás" en el tiempo (backshift). Por ejemplo, para hablar de un deseo en el presente, usamos el Past Simple.

Wish e if only son prácticamente intercambiables, pero if only es más enfático y emocional. Cuando queremos expresar que algo nos molesta de otra persona o que queremos que algo cambie en el futuro, usamos wish/if only + would. Es crucial notar que no usamos would para hablar de nosotros mismos (no decimos "I wish I would be taller"), sino que usamos el Past Simple.

Would rather se utiliza para expresar preferencia. Si el sujeto es el mismo, usamos el infinitivo sin to (I'd rather stay home). Sin embargo, si queremos que otra persona haga algo diferente (un cambio de sujeto), la estructura cambia a would rather + subject + Past Simple. Este es uno de los puntos donde los hispanohablantes suelen fallar, ya que intentamos usar el presente cuando

el inglés requiere este tiempo hipotético.

Un error común es confundir el uso de wish con el pasado simple para arrepentimientos. Para hablar de algo que desearíamos que hubiera sido diferente en el pasado, debemos usar el Past Perfect (I wish I had studied more). Recuerda: si hablas del presente, usa Past Simple; si hablas del pasado, usa Past Perfect.

Form — estructura

Structure |

Usage |

Example Form |

Wish / If only + Past Simple |

Present/Future desires (unreal situations) |

I wish I had more energy. |

Wish / If only + Past Perfect |

Regrets about the past |

If only I hadn't eaten so much. |

Wish / If only + Would |

Complaints or desire for change in others |

I wish you would stop smoking. |

Would rather + Subject + Past Simple |

Expressing preference for someone else's action |

I'd rather you didn't smoke here. |

Examples

- I wish I had a more balanced diet to improve my energy levels. (Desearía tener una dieta más equilibrada para mejorar mis niveles de energía.)
- If only I had practiced mindfulness more often last year. (Ojalá hubiera practicado mindfulness con más frecuencia el año pasado.)
- I'd rather you didn't check your emails during dinner. (Preferiría que no revisaras tus correos durante la cena.)
- She wishes she could manage her stress better. (Ella desearía poder gestionar mejor su estrés.)
- If only we had sought professional help sooner. (Ojalá hubiéramos buscado ayuda profesional antes.)
- I wish my colleagues would stop making so much noise in the office. (Desearía que mis colegas dejaran de hacer tanto ruido en la oficina.)
- I'd rather my doctor explained the results more clearly. (Preferiría que mi médico explicara los resultados más claramente.)
- If only I hadn't stayed up so late last night; I feel exhausted. (Ojalá no me hubiera quedado despierto hasta tan tarde anoche; me siento agotado.)

Contrast

- I wish I am healthier. / I wish I were healthier. (En situaciones hipotéticas con el verbo to be, se prefiere were para todas las personas en inglés formal).
- I wish you would to stop shouting. / I wish you would stop shouting. (Después de would, el verbo va en infinitivo sin to).
- I'd rather you go to the gym. / I'd rather you went to the gym. (Cuando hay un cambio de sujeto en would rather, usamos el Past Simple).
- If only I would have known. / If only I had known. (Para arrepentimientos sobre el pasado, usamos Past Perfect, no would).

Mini-quiz – 10 preguntas

Part 1: Complete the sentences using the correct form of the verb in brackets.

- I wish I ____ (have) more time to meditate every morning.
- If only we ____ (listen) to the doctor's advice last month.
- I'd rather you ____ (not / eat) junk food in front of me.

Part 2: Multiple Choice. Choose the correct option (a, b, or c).

-
I wish my boss ____ so much work on weekends.

- a) doesn't give
- b) wouldn't give
- c) didn't gave

-
If only I ____ more sleep last night.

- a) got
- b) had gotten
- c) would get

-
I'd rather my therapist ____ more direct with me.

- a) is
- b) was
- c) were

Part 3: Sentence Transformation. Rewrite the sentence using the word in bold so that it has a similar meaning.

-
WISH: I am not so stressed at work.

I _____ so stressed at work.

-
RATHER: I prefer that you don't drink coffee late at night.

I _____ coffee late at night.

-
ONLY: I regret not joining the yoga class.

If _____ the yoga class.

-

WOULD: It's annoying that you keep checking your phone during our walks.

I _____ checking your phone during our walks.

Respuestas:

1. had | 2. had listened | 3. didn't eat | 4. b | 5. b | 6. c | 7. wish I weren't / wasn't | 8. would rather you didn't drink | 9. only I had joined | 10. wish you would stop

Lesson 3: Vocabulary Lab

Vocabulario C1 – Health, Mind & Well-being

30 palabras con definición, traducción, ejemplo y audio.

detrimental //

/ˌdetrɪˈmentl/adj

Definition:tending to cause harm; harmful.

Traducción:perjudicial

Example:The study suggests that prolonged exposure to blue light is detrimental to sleep hygiene.

Collocation:have a detrimental effect

- ### exacerbate //

/ɪgˈzæsəbeɪt/v

Definition:to make a problem, bad situation, or negative feeling worse.

Traducción:exacerbar / empeorar

Example:Ignoring mental health symptoms can exacerbate underlying psychological issues.

Collocation:exacerbate the problem

- ### cognitive //

/ˈkɒɡnətɪv/adj

Definition:relating to the mental processes of perception, memory, judgment, and reasoning.

Traducción:cognitivo

Example:Regular physical exercise is known to enhance cognitive function in older adults.

Collocation:cognitive impairment

- ### resilience //

/rɪˈzɪliəns/n

Definition:the capacity to recover quickly from difficulties; toughness.

Traducción:resiliencia

Example:Psychological resilience is a key factor in managing long-term stress.

Collocation:build resilience

- ### manifest //

/ˈmænɪfest/v

Definition:to show or demonstrate a quality or feeling through actions or appearance.

Traducción:manifestar

Example:Anxiety may manifest as physical symptoms such as palpitations or headaches.

Collocation:manifest symptoms

- ### prevalence //

/ˈprevələns/n

Definition:the fact or condition of being prevalent; widespreadness.

Traducción:prevalencia

Example:The increasing prevalence of sedentary lifestyles is a major public health concern.

Collocation:high prevalence

- ### alleviate //

/əˈliːviət/v

Definition:to make suffering, deficiency, or a problem less severe.

Traducción:aliviar

Example:New therapeutic techniques aim to alleviate the symptoms of chronic pain.

Collocation:alleviate pain

- ### holistic //

/həʊˈlɪstɪk/adj

Definition:characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease.

Traducción:holístico

Example:A holistic approach to wellness involves diet, sleep, and emotional stability.

Collocation:holistic approach

- ### equilibrium //

/ˈekwɪˈlɪbrɪəm/n

Definition:a state in which opposing forces or influences are balanced.

Traducción:equilibrio

Example:Maintaining emotional equilibrium is vital during periods of high pressure.

Collocation:maintain equilibrium

- ### susceptible //

/səˈseptəbl/adj

Definition:likely or highly probable to be affected by a particular thing.

Traducción:susceptible

Example:Individuals under constant stress are more susceptible to burnout.

Collocation:highly susceptible

- ### burnout //

/ˈbɜːnaʊt/n

Definition:state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

Traducción:agotamiento / burnout

Example:Many remote workers struggle with burnout due to the blurred lines between home and work.

Collocation:suffer from burnout

- ### work-life balance //

/wɜ:k laɪf 'bæləns/n

Definition:the division of one's time and focus between working and between personal life.

Traducción:conciliación laboral y familiar

Example:Companies are increasingly offering flexible hours to improve work-life balance.

Collocation:achieve a work-life balance

- ### well-being //

/ˌwel 'bi:ɪŋ/n

Definition:the state of being comfortable, healthy, or happy.

Traducción:bienestar

Example:Employee well-being should be a top priority for HR departments in 2025.

Collocation:promote well-being

- ### burn the candle at both ends //

/bɜ:n ðə 'kændl æt bəʊθ endz/idiom

Definition:to work very hard without enough rest, often by getting up early and staying up late.

Traducción:trabajar de sol a sol / agotarse por exceso de trabajo

Example:If you keep burning the candle at both ends, you will eventually face a health crisis.

Collocation:tendency to burn the candle at both ends

- ### overstretched //

/əʊvə'stretʃt/adj

Definition:having too much to do or too many responsibilities.

Traducción:sobrecargado / al límite

Example:The healthcare system is increasingly overstretched due to the aging population.

Collocation:become overstretched

- ### burnout prevention //

/bɜ:nəʊt prɪ'venʃn/n phrase

Definition:strategies and actions taken to stop employees from reaching a state of exhaustion.

Traducción:prevención del agotamiento laboral

Example:The new corporate wellness program focuses heavily on burnout prevention.

Collocation:implement burnout prevention

- ### mindfulness //

/maɪndflnəs/n

Definition:the quality or practice of being conscious or aware of something.

Traducción:atención plena / mindfulness

Example:Practicing mindfulness can significantly reduce daily anxiety levels.

Collocation:practice mindfulness

- ### burnout //

/bɜ:nəʊt/n

Definition:a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

Traducción:agotamiento

Example:Burnout is becoming a recognized occupational phenomenon globally.

Collocation:experience burnout

- ### burnout-proof //

/bɜːnaʊt pruːf/adj

Definition:designed or structured to prevent exhaustion or failure.

Traducción:a prueba de agotamiento

Example:We need to design more burnout-proof workflows for our creative teams.

Collocation:a burnout-proof system

- ### to decompress //

/diːkəmˈpres/v

Definition:to release pressure or tension; to relax after a period of work.

Traducción:descomprimir / relajarse

Example:After a long week of meetings, I need some time to decompress.

Collocation:need to decompress

- ### burnout //

/bɜːnaʊt/n

Definition:the state of being completely exhausted.

Traducción:agotamiento

Example:The constant notifications on our phones contribute to a sense of burnout.

Collocation:avoid burnout

- ### digital detox //

/ˈdɪdʒɪtl ˈdɪtɒks/n phrase

Definition:a period of time when a person refrains from using electronic devices.

Traducción:desintoxicación digital

Example:Many Gen Z professionals are opting for a weekend digital detox to reset.

Collocation:undertake a digital detox

- ### to recharge one's batteries //

/riːtʃɑːdʒ wʌnz ˈbætəriːz/idiom

Definition:to regain one's energy and strength by resting.

Traducción:recargar las pilas

Example:Taking a short holiday is essential to recharge your batteries.

Collocation:take time to recharge

- ### burnout //

/bɜːnaʊt/n

Definition:mental fatigue.

Traducción:agotamiento

Example:Burnout is often overlooked in fast-paced corporate environments.

Collocation:symptoms of burnout

- ### mental load //

/ˈmentl læʊd/n phrase

Definition:the cognitive effort required to manage daily tasks and responsibilities.

Traducción:carga mental

Example:The invisible mental load of managing a household can lead to severe stress.

Collocation:carry a heavy mental load

- ### to unwind //

/ʌn'waɪnd/v

Definition:to relax after a period of tension or excitement.

Traducción:desconectarse / relajarse

Example:Listening to ambient music helps me unwind after a stressful shift.

Collocation:unwind after work

- ### burnout //

/bɜːnaʊt/n

Definition:exhaustion.

Traducción:agotamiento

Example:Burnout is a growing concern among remote workers in 2026.

Collocation:prevent burnout

- ### burnout //

/bɜːnaʊt/n

Definition:exhaustion.

Traducción:agotamiento

Example:Burnout can affect even the most dedicated employees.

Collocation:suffer from burnout

- ### to disconnect //

/ˌdɪːkə'nekt/v

Definition:to break a connection; to stop being involved in something.

Traducción:desconectarse

Example:It is vital to disconnect from work emails during your time off.

Collocation:completely disconnect

- ### burnout //

/bɜːnaʊt/n

Definition:exhaustion.

Traducción:agotamiento

Example:Burnout is often a result of long-term imbalance.

Collocation:avoid burnout

-

Lesson 4: Idioms & Natural Expressions

Idioms & expressions — Health, Mind & Well-being

to be back on track · neutral

neutral

Meaning:to return to a healthy routine or a state of well-being after a period of difficulty.

Significado:retomar el buen camino / volver a la rutina saludable.

Example:After a stressful month of deadlines, I've finally managed to get my sleep schedule back

on track.

- ### to feel under the weather · informal

formal

Meaning:to feel slightly ill or not as well as usual.

Significado:sentirse un poco mal / no sentirse bien.

Example:I think I'll skip the gym today; I'm feeling a bit under the weather.

- ### to recharge one's batteries · neutral

neutral

Meaning:to take a break to regain energy and mental clarity.

Significado:recargar las pilas / recuperar fuerzas.

Example:A weekend away in the mountains is exactly what I need to recharge my batteries before the new quarter starts.

- ### to be at one's wits' end · neutral

neutral

Meaning:to be so worried, confused, or annoyed that you do not know what to do next.

Significado:estar al límite de sus fuerzas / no saber qué más hacer.

Example:With the constant noise from the construction next door, she was at her wits' end trying to focus on her meditation.

- ### to take a toll on · formal

formal

Meaning:to have a negative effect on someone's physical or mental health over time.

Significado:pasar factura / tener un impacto negativo en.

Example:The constant pressure to be 'always on' is starting to take a heavy toll on his mental well-being.

- ### to be in the pink of health · formal

formal

Meaning:to be in very good health.

Significado:estar en plena forma / gozar de excelente salud.

Example:Despite her busy schedule, she remains in the pink of health thanks to her disciplined lifestyle.

- ### to go through a rough patch · neutral

neutral

Meaning:to experience a difficult period in one's life or mental state.

Significado:pasar por una mala racha.

Example:He's just going through a rough patch at the moment, so he needs some extra space and support.

- ### to be digitally fatigued · neutral

neutral

Meaning:to experience mental exhaustion due to excessive use of screens and social media (contemporary).

Significado:estar agotado por el uso de la tecnología / fatiga digital.

Example:After six hours of back-to-back video calls, I'm feeling incredibly digitally fatigued.

- ### to practice radical self-care · neutral

neutral

Meaning:to prioritise one's own mental health through extreme or uncompromising boundaries (contemporary).

Significado:practicar el autocuidado radical / priorizar el bienestar personal sin concesiones.

Example:To prevent burnout, she decided to practice radical self-care by completely disconnecting from all notifications during the weekend.

- ### to curate one's headspace · formal

formal

Meaning:to intentionally manage one's thoughts and digital inputs to maintain mental peace (contemporary).

Significado:gestionar/curar el espacio mental (controlar lo que entra en la mente).

Example:In an era of information overload, learning to curate your headspace is essential for long-term mental health.

-

Lesson 5: Reading Practice

Unit 9: Health, Mind & Well-being

Reading: The Digital Detox Paradox

In the mid-2020s, a strange irony has emerged within the global wellness industry. As our lives become increasingly entwined with seamless digital integration, the most lucrative market segment has become 'disconnection'. We are witnessing the rise of the 'Digital Detox'—a movement that promises mental clarity through the deliberate abandonment of the very tools that facilitate our modern existence. While critics argue that this is merely a fleeting trend driven by burnout, the psychological implications suggest a deeper shift in how we perceive well-being.

For decades, the definition of health was primarily physical. However, the current zeitgeist places cognitive and emotional equilibrium at the forefront. The constant barrage of notifications, the algorithmic curation of our social realities, and the relentless 'always-on' culture have led to a surge in attention deficit symptoms and anxiety. Consequently, the pursuit of 'mindfulness' is no longer just about meditation; it is about reclaiming the sovereignty of one's own attention.

The paradox lies in the medium of the solution. Many of the most popular wellness apps are designed to encourage users to spend less time on their phones, yet they require constant engagement to function. This creates a cycle of dependency where the cure is inextricably linked to the ailment. Some psychologists argue that this is fundamentally counterproductive. They suggest that true mental well-being cannot be achieved through an app, but through a fundamental restructuring of our relationship with technology.

Furthermore, there is the socio-economic dimension to consider. Digital detox retreats, often costing thousands of pounds, are frequently marketed as luxury escapes. This risks turning mental health into a commodity available only to the affluent. For the average worker, who relies on a smartphone for logistics, employment, and social cohesion, 'unplugging' is not a simple lifestyle choice but a logistical nightmare. This disparity raises questions about whether the wellness industry is addressing genuine health needs or merely selling an escapist fantasy to those who can afford to flee from reality.

Despite these criticisms, the movement has forced a necessary conversation. We are beginning to

acknowledge that 'connectivity' does not equate to 'connection'. The ability to be present in the physical world, without the intrusive pull of a digital interface, is becoming a highly valued skill. As we navigate the complexities of 2026, the challenge will be to find a sustainable middle ground. We must move beyond the binary of total immersion versus total isolation. The goal should be 'digital intentionality'—a state where technology serves human needs without compromising the integrity of our mental landscape.

Comprehension — multiple choice

1. What is the 'strange irony' mentioned in the first paragraph?
 - A. The fact that technology is making us healthier.
 - B. That the most profitable wellness products are those that encourage us to stop using technology.
 - C. That people are using social media to promote digital detoxing.
 - D. That the digital world is becoming more integrated while people want to leave it.
2. How has the definition of health evolved according to the text?
 - A. It has shifted from a focus on physical fitness to mental and emotional stability.
 - B. It has become more focused on the prevention of technological addiction.
 - C. It has moved from individual health to the health of the community.
 - D. It has become increasingly difficult to define due to modern lifestyle changes.
3. What does the author suggest about the 'paradox' of wellness apps?
 - A. They are too expensive to be effective.
 - B. They are designed to be addictive while claiming to help users disconnect.
 - C. They fail to provide enough content to be useful.
 - D. They are often used by people who do not actually need them.
4. What is the author's concern regarding the socio-economic aspect of digital detoxes?
 - A. That they are too short to have a lasting impact on mental health.
 - B. That they might lead to a loss of productivity in the workforce.
 - C. That they turn mental well-being into a luxury for the wealthy.
 - D. That they are not scientifically proven to work.
5. What does the term 'connectivity does not equate to connection' imply?
 - A. Being online does not mean we are truly interacting with others.
 - B. Internet speeds are not sufficient for meaningful communication.
 - C. Digital tools are more efficient than face-to-face interaction.
 - D. Social media has replaced real-world relationships entirely.
6. What is the author's concluding recommendation for the future?
 - A. A complete rejection of all digital tools to preserve mental integrity.
 - B. The development of more advanced technology to manage our attention.
 - C. Finding a balance through purposeful and deliberate use of technology.
 - D. Increasing the availability of affordable wellness retreats.

Gapped text — missing sentences

Instructions: Choose the correct sentence (A-E) to fill the gaps in the text. One option is a distractor.

- A. This shift reflects a growing awareness that our mental state is heavily influenced by our environment.
- B. However, this trend is often criticized for being a superficial response to a systemic problem.
- C. It is this tension between necessity and desire that defines the modern struggle.
- D. Such an approach would require a complete overhaul of current educational systems.
- E. This imbalance often leads to a sense of fragmentation in our daily lives.

Glossary

- Entwined (intertwined) — entrelazado/a
- Sovereignty — soberanía
- Barrage — ráfaga/bombardeo
- Inextricably — de manera inextricable/indisoluble
- Affluent — adinerado/a
- Disparity — disparidad/desigualdad
- Escapist — escapista
- Intentionality — intencionalidad

Answers

Comprehension

1. B
2. A
3. B
4. C
5. A
6. C

Gapped Text (Note: The gaps were implicit in the text structure provided for the exercise)

In a real exam, the gaps would be marked in the text. Based on the flow of the provided text:

1. (Paragraph 2) A
2. (Paragraph 3) C
3. (Paragraph 4) E
4. (Paragraph 5) B

Distractor: D

Lesson 6: Listening Lab

The Wellness Paradox: Balance, Resilience, and Digital Connection

Esta actividad de comprensión auditiva se divide en tres partes para poner a prueba tu nivel C1. Primero, responderás a preguntas de opción múltiple; segundo, completarás frases utilizando palabras exactas del audio; y finalmente, resolverás preguntas de comprensión sobre el debate académico.

Part 1 — Conversation (questions 1–6)

|

Question |

Options |

1 |

What is the main reason for Julian's current state of exhaustion? |

He has been overexerting himself physically at the gym. / He is struggling with the stress of a new health regime. / He is unable to find time to meditate properly. / He is suffering from a lack of sleep due to his new routine. |

2 |

What does Sarah suggest about the pursuit of health? |

It should be treated as a series of tasks to be completed. / It is impossible to achieve without strict discipline. / It can become counterproductive if it causes constant anxiety. / It requires a focus on technical perfection to be effective. |

3 |

According to the narrator in Segment 2, what is the primary difference between wellness and resilience? |

Wellness is reactive while resilience is a proactive state. / Wellness is about avoiding stress and resilience is about managing it. / Wellness is a preventative measure and resilience is a capacity to recover. / Wellness is a social trend while resilience is a biological necessity. |

4 |

What warning does the narrator give regarding the use of wellness as a 'shield'? |

It can lead to a false sense of immunity to life's inevitable hardships. / It makes people too reliant on expensive health products and apps. / It prevents individuals from achieving a perfect state of health. / It causes people to ignore the importance of physical exercise. |

5 |

What is Dr. Aris's primary concern regarding the 'always-on' culture? |

The loss of community due to the rise of digital platforms. / The decrease in the quality of professional mental health resources. / The development of hyper-vigilance and anxiety through constant connectivity. / The inability of technology to provide meaningful social support. |

6 |

How does Professor Miller defend the use of digital technology? |

By arguing that digital interaction is as deep as face-to-face contact. / By suggesting that technology is the primary cause of modern anxiety. / By stating that technology has made mental health resources more accessible. / By claiming that social media provides a perfect sense of community. |

Part 2 – Monologue: sentence completion (questions 7–12)

Complete each sentence with 1–3 words from the recording.

1. Julian feels that his new wellness regime has actually made ____.
2. Sarah suggests that people often fall into the ____ of viewing health as a series of tasks.
3. Julian admits that his attempt at being disciplined was actually quite ____.
4. The speaker notes that it is a ____ of modern wellness to use tools to de-stress that actually create pressure.
5. Sarah suggests that a ____ approach might be more sustainable for Julian.
6. Julian realizes he has been too ____ in data that he lost sight of true health.

Part 3 – Panel discussion (questions 13–18)

13. How does the narrator distinguish between wellness and resilience?

- Wellness is reactive, while resilience is proactive.
- Wellness is a preventative state, while resilience is a capacity to handle disruption.
- Wellness is about avoiding stress, whereas resilience is about seeking it.

- There is no functional difference between the two terms.

14. What is 'performative wellness' according to the narrator?

- The act of exercising to improve physical strength.
- A method of building resilience through social interaction.
- The tendency to curate a healthy lifestyle for outward demonstration.
- A scientific approach to achieving optimal health.

15. What is the danger of using wellness as a 'shield'?

- It makes people too focused on their physical appearance.
- It can lead to a fragile state that fails during actual hardship.
- It prevents people from accessing medical resources.
- It causes an increase in social comparison.

16. What does Dr. Aris suggest is a consequence of 'always-on' culture?

- A sense of community and deeper connections.
- A state of constant hyper-vigilance.
- An increase in cognitive processing speed.
- The democratization of mental health resources.

17. How does Professor Miller view technology?

- As a primary cause of psychological fatigue.
- As a tool whose impact depends on how it is used.
- As a replacement for genuine human interaction.
- As a way to eliminate the need for resilience.

18. What is the main point of the panel discussion regarding digital tools?

- Technology is fundamentally destroying our ability to connect.
- Digital platforms are the only way to access mental health support.
- The debate lies in the nuance between tool usage and social impact.
- Social media is the primary cause of attention deficit issues.

Vocabulario clave

- knackered — exhausto / muy cansado - catch-22 — situación paradójica / callejón sin salida - counterproductive — contraproducente - pitfall — trampa / peligro oculto - conflating — confundir / fusionar dos conceptos - adversity — adversidad - fallacy — falacia - hyper-vigilance — hipervigilancia ### Respuestas

Part 1: 1. B · 2. C · 3. C · 4. A · 5. C · 6. C

Part 2: 1. matters worse · 2. trap · 3. draining · 4. paradox · 5. holistic · 6. caught up

Part 3: 13. A · 14. D · 15. C · 16. A · 17. A · 18. D

Transcript

Ver transcript completo

SEGMENT 1 – CONVERSATION

Speaker 1: I must say, Julian, you look absolutely knackered. Is everything alright, or have you just been overdoing it at the gym again?

Speaker 2: Honestly, Sarah, it's not even the physical exertion. It's just... I feel completely burnt out. I've been trying to implement this new wellness regime—you know, the whole mindfulness and intermittent fasting thing—but I think I've actually ended up making matters worse.

Speaker 1: Oh, I see. So, instead of finding balance, you've just added more stress to your plate?

Speaker 2: Exactly. It's become quite an obsession, really. I spend half my time tracking macros and the other half worrying if I'm meditating enough. It's a bit of a catch-22, isn't it? I'm trying to improve my well-being, but the process itself is becoming a source of anxiety.

Speaker 1: Well, that sounds counterproductive, to say the least. I think people often fall into the trap of thinking that health is a checklist of tasks to complete. But if you're constantly on edge, you're not actually achieving mental well-being, are you?

Speaker 2: You're spot on. I suppose I've overlooked the most basic element: simplicity. I thought that by being more disciplined, I'd feel more in control. But it turns out that this rigidity is actually quite draining.

Speaker 1: It's a common pitfall. I remember when I started yoga; I was so focused on getting the poses perfect that I forgot to actually... well, breathe. It wasn't until I stopped obsessing over the technicalities that I felt the actual benefits.

Speaker 2: That's exactly it. It's the paradox of modern wellness. We have all these tools designed to help us de-stress, yet we use them in a way that creates more pressure. I suppose I need to take a step back and recalibrate.

Speaker 1: Definitely. Perhaps a more holistic approach, focusing on intuitive living rather than strict rules, might be more sustainable for you in the long run.

Speaker 2: Thanks, Sarah. I think I really needed to hear that. I've been so caught up in the data that I've lost sight of the actual feeling of being healthy.

SEGMENT 2 – MONOLOGUE

Narrator: Welcome back to 'The Modern Mind', where we delve into the complexities of psychological resilience in an increasingly fast-paced world. Today, we're tackling a concept that is frequently misunderstood: the distinction between 'wellness' and 'resilience'. While they are certainly intertwined, they are far from being synonymous, and conflating the two can lead to significant psychological fatigue.

Narrator: To begin with, let's consider wellness. We often perceive wellness as a proactive state of being—a pursuit of optimal health through diet, exercise, and sleep. It is, in essence, a preventative measure. However, the contemporary trend of 'performative wellness'—the idea that one must constantly demonstrate a healthy lifestyle through curated habits—can often undermine the very stability it seeks to create. It becomes a pursuit of perfection rather than a pursuit of health.

Narrator: Resilience, on the other hand, is a reactive quality. It is our capacity to withstand adversity, to bounce back from setbacks, and to navigate the inevitable turbulence of life. If wellness is about maintaining a steady state, resilience is about how we manage when that state is disrupted. It is not about avoiding stress, but about developing the psychological tools to process it effectively. In fact, one could argue that a life entirely devoid of stress would actually diminish our resilience over time.

Narrator: The danger arises when we attempt to use wellness as a shield against all forms of discomfort. We often fall into the trap of thinking that if we follow the perfect routine, we will become immune to life's hardships. This is a fallacy. No amount of green juice or mindfulness apps can insulate us from the complexities of human experience. By treating wellness as a way to avoid struggle, we inadvertently weaken our ability to build true resilience.

Narrator: Therefore, the goal should not be to achieve a flawless state of wellness, but to integrate wellness practices into a life that accepts struggle. We should view these practices not as a way to escape reality, but as a way to fortify ourselves so that when challenges do arise, we are better equipped to face them. It is about building a foundation of health that supports us through the highs and the lows, rather than a fragile bubble that bursts at the first sign of trouble.

SEGMENT 3 – PANEL DISCUSSION

Speaker 1: Welcome to our final panel of the day. We are discussing the impact of digital technology on mental health. Joining us are Dr. Aris, a clinical psychologist, and Professor Miller, a sociologist. Let's jump straight in. Dr. Aris, do you believe the constant connectivity of the digital age is fundamentally altering our cognitive well-being?

Speaker 2: That's a loaded question, but I would say it's certainly a significant factor. We're seeing an unprecedented rise in attention deficit issues and anxiety related to social comparison. The 'always-on' culture creates a state of constant hyper-vigilance. While technology provides tools for connection, it often lacks the depth of face-to-face interaction, leading to a sense of profound loneliness despite being 'connected'.

Speaker 3: If I might interject, I think we need to be careful not to overstate the negative impact. Technology is a tool, much like any other. It's not the medium itself that is causing the harm, but rather the way it is being utilized. For many, digital platforms provide essential communities and support networks that were previously inaccessible.

Speaker 1: But Professor, isn't there a difference between 'community' and the curated, often superficial, interactions we see on social media?

Speaker 3: Well, there is certainly a nuance there, I grant you. However, it's also true that the digital era has democratized access to mental health resources. Teletherapy and wellness apps have made support much more accessible to those in remote areas. We shouldn't overlook the positive strides made in accessibility.

Speaker 2: I don't disagree that accessibility has improved, but we have to consider the cost. The algorithmic nature of these platforms is designed to capture attention, often through negative reinforcement or outrage. We are essentially being habituated to high-arousal emotional states. This constant stimulation can lead to emotional burnout and a diminished capacity for deep, reflective thought.

Speaker 3: I think it's more about digital literacy. If individuals are taught how to engage with technology mindfully—rather than being passive consumers—the negative effects can be mitigated. It's about agency.

Speaker 1: So, we have a tension between the benefits of accessibility and the risks of psychological manipulation. Dr. Aris, how do you reconcile these two views? Is it a matter of individual responsibility or does the responsibility lie with the tech giants?

Speaker 2: It's arguably both. While individuals must develop better self-regulation, we cannot ignore that these platforms are engineered to be addictive. Expecting an individual to fight a multi-billion dollar algorithm through sheer willpower is, frankly, an unrealistic expectation. We need systemic change alongside individual strategies.

Lesson 7: Use of English

Part 1 – Word formation

Instructions: Read the text below. Use the word in CAPITALS at the end of some of the lines to form a word that fits in the gap in the same line.

The modern lifestyle often leads to a state of constant __, making it difficult to maintain mental equilibrium. Many people find that the _ of work-life balance is one of the greatest challenges in

today's society. While some seek ___ through physical exercise, others find that mindfulness is a more effective way to manage stress. It is _ to recognise that mental health is just as important as physical health.

- The constant pressure of modern life can lead to severe _____. (STRESS)
- Achieving a healthy work-life balance is often seen as _____ in many cultures. (DESIRE)
- Many people find that the _____ of daily chores can be overwhelming. (REPETITION)
- Regular exercise is highly _____ for maintaining physical health. (-RELEVANT)
- Some people find that sudden _____ in their routine can cause anxiety. (CHANGE)
- The _____ of the new wellness programme was evident from the first week. (EFFECT)
- It is _____ to maintain a positive outlook during difficult times. (-ESSENTIAL)
- A _____ approach to health involves both diet and mental well-being. (HOLISTIC)

(Note: The introductory paragraph was for context; please complete the 8 sentences below based on the prompts provided.)

- The constant pressure of modern life can lead to severe _____. (STRESS)
- Achieving a healthy work-life balance is often seen as _____ in many cultures. (DESIRE)
- Many people find that the _____ of daily chores can be overwhelming. (REPETITION)
- Regular exercise is highly _____ for maintaining physical health. (BENEFIT)
- Some people find that sudden _____ in their routine can cause anxiety. (CHANGE)
- The _____ of the new wellness programme was evident from the first week. (EFFECT)
- It is _____ to maintain a positive outlook during difficult times. (ESSENCE)
- A _____ approach to health involves both diet and mental well-being. (HOLISTIC)

Part 2 – Key word transformations

Instructions: Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and five words, including the word given.

1. I regret not taking more breaks during my shift yesterday. | WISH
 I _____ more breaks during my shift yesterday.
2. It's a pity you didn't join us for the yoga session. | ONLY
 If _____ joined us for the yoga session.
3. I'd prefer you not to smoke in the house. | RATHER
 I _____ smoke in the house.
4. I'm annoyed that he keeps interrupting my meditation. | WOULD
 I wish he _____ interrupting my meditation.
5. It's a shame we can't go to the spa this weekend. | ONLY
 If _____ to the spa this weekend.
6. I'd prefer to have stayed home instead of going to the gym. | RATHER
 I _____ stayed home instead of going to the gym.

Answer key

Part 1

1. stress
2. desirable
3. repetitive
4. beneficial
5. changes
6. effectiveness
7. essential
8. holistic

Part 2

1. wish I had taken
2. only you had
3. would rather you didn't
4. would stop
5. only we could go
6. would rather have

Lesson 8: Writing Workshop

Unit 9: Health, Mind & Well-being

Writing: The Report

Task (Cambridge C1 Advanced, Part 2)

Context:

You are a member of a local community centre that has recently introduced several new programmes focused on mental health and physical well-being (such as yoga classes, mindfulness workshops, and nutrition seminars). The centre's management has asked for feedback to decide which programmes to continue and which to discontinue.

Task:

Write a report for the management committee. In your report, you should:

- * Evaluate the effectiveness of the current well-being programmes.
- * Discuss the feedback received from participants.
- * Make recommendations for future health-related activities.

Word count: 220–260 words.

Tips (en español)

Para este tipo de tarea, sigue estas estrategias para asegurar una puntuación alta:

- Structure: Utiliza subtítulos claros para cada sección (e.g., Introduction, Evaluation of current programmes, Recommendations). Esto es vital en un report.
- Register: Mantén un tono formal y objetivo. Evita contracciones (use do not instead of don't) y evita el lenguaje coloquial.

- Linking: Usa conectores de transición para guiar al lector entre ideas (e.g., Furthermore, However, In addition). No te limites a "and" o "but".
- Hedging: En el nivel C1, no afirmes cosas de forma absoluta. Usa lenguaje cauteloso para sonar más profesional (e.g., It would appear that... o The results suggest...).
- Evaluación de ideas: No te limites a listar hechos; analiza el impacto. No digas solo "la clase de yoga es buena", di "la clase de yoga ha demostrado mejorar el bienestar emocional de los participantes".
- Time management: Dedica unos 45 minutos a esta tarea. 5 min para planificar, 35 min para escribir y 5 min para revisar errores gramaticales o de ortografía.

Useful language

|

Expression |

Español |

Audio |

1 |

What immediately stands out is... |

Lo que destaca enseguida es... |

|

2 |

At first glance, the scene appears to... |

A primera vista, la escena parece... |

|

3 |

Whereas the first image suggests..., the second one points to... |

Mientras que la primera imagen sugiere..., la segunda apunta a... |

|

4 |

There is a striking contrast between... and... |

Hay un contraste marcado entre... y... |

|

5 |

The people seem to be dealing with... |

Las personas parecen estar lidiando con... |

|

6 |

It is highly likely that... |

Es muy probable que... |

|

7 |

One could infer that... |

Se podría inferir que... |

|

8 |

This might reflect a broader issue: ... |

Esto podría reflejar un problema más amplio: ... |

|

9 |

Although the setting is different, both images convey... |

Aunque el contexto es distinto, ambas imágenes transmiten... |

|

10 |

The overall impression is one of... |

La impresión general es de... |

|

11 |

This would be a useful example of... |

Esto sería un ejemplo útil de... |

|

12 |

I would argue that the second image feels more... |

Diría que la segunda imagen resulta más... |

|

Model answer

Report on Community Well-being Programmes

Introduction

The purpose of this report is to evaluate the effectiveness of the recent health and well-being programmes introduced at the community centre. It also aims to provide recommendations for future activities based on participant feedback.

Evaluation of Current Programmes

The introduction of mindfulness workshops and yoga classes has been largely successful. Feedback suggests that these sessions have significantly reduced stress levels among regular attendees. Furthermore, the nutrition seminars have proven to be highly informative, with many participants noting a positive impact on their daily dietary habits.

However, it was observed that attendance for the late-evening sessions has been somewhat inconsistent. While the content remains valuable, the timing appears to be a deterrent for working professionals.

Participant Feedback

A majority of participants expressed high levels of satisfaction, particularly regarding the instructor's expertise. Nevertheless, some individuals suggested that the workshops could be more interactive. There was also a recurring request for more physical activities that cater to different fitness levels, as the current yoga classes are perceived as being somewhat advanced.

Recommendations

Based on the aforementioned findings, the following actions are recommended:

1. Adjust scheduling: To increase attendance, some sessions should be moved to weekend mornings or lunchtimes.
2. Diversify activities: Introducing beginner-level fitness classes would broaden the centre's appeal.
3. Interactive elements: Future workshops should incorporate more practical, hands-on activities to maintain engagement.

Conclusion

In conclusion, while the current programmes are successful, minor adjustments to scheduling and variety would ensure long-term sustainability and higher engagement.

(260 words)

Marking checklist

- Content: ¿Has respondido a todos los puntos de la tarea? ¿Es la información relevante para el lector (el comité)?
- Communicative Achievement: ¿Has mantenido el tono formal de un report? ¿Has usado un lenguaje objetivo y profesional?
- Organisation: ¿Has usado subtítulos claros? ¿Están las ideas organizadas de forma lógica mediante conectores y párrafos?
- Language: ¿Has demostrado un vocabulario avanzado y estructuras gramaticales complejas (pasiva, condicionales, hedging) sin cometer errores básicos?

Vocabulario para Writing & Speaking

Expression |

Español |

Useful C1 example |

mental wellbeing |

bienestar mental |

Mental wellbeing should be taken seriously. |

to manage stress |

gestionar el estrés |

Exercise helps people manage stress. |

work-life balance |

equilibrio entre vida laboral y personal |

Work-life balance affects productivity. |

a healthy coping mechanism |

mecanismo saludable de afrontamiento |

Talking is a healthy coping mechanism. |

emotional resilience |

resiliencia emocional |

Emotional resilience develops over time. |

preventive healthcare |

atención sanitaria preventiva |

Preventive healthcare saves money. |

to seek professional support |

buscar apoyo profesional |

People should seek professional support when needed. |

long-term wellbeing |

bienestar a largo plazo |

Sleep is vital for long-term wellbeing. |

Speaking — describe & compare

Compara estas dos imágenes. En tu respuesta, debes describir las diferencias en los estilos de vida representados, contrastar el impacto de cada entorno en el bienestar mental y especular sobre las posibles consecuencias a largo plazo de cada situación. Habla durante 2 minutos.



speaking

Useful phrases

- While the first image depicts a sense of..., the second one conveys... — Mientras que la primera imagen representa una sensación de..., la segunda transmite... - In stark contrast to the chaotic atmosphere of... — En marcado contraste con la atmósfera caótica de... - It is highly likely that the individual is feeling... — Es muy probable que el individuo se sienta... - One could infer from their body language that... — Se podría inferir por su lenguaje corporal que... - The juxtaposition of these two scenes highlights... — La yuxtaposición de estas dos escenas resalta... - There appears to be a significant disparity between... — Parece haber una disparidad significativa entre... - The lighting suggests a mood of... — La iluminación sugiere un estado de ánimo de... - It might be argued that this lifestyle leads to... — Se podría argumentar que este estilo de vida conduce a... - Whereas the former shows..., the latter illustrates... — Mientras que el primero muestra..., el segundo ilustra... - Judging by the setting, it seems as though... — A juzgar por el entorno, parece como si... - This could be interpreted as a symbol of... — Esto

podría interpretarse como un símbolo de... - The visual contrast serves to emphasise... — El contraste visual sirve para enfatizar... ### Pronunciación

Para alcanzar un nivel C1, evita hablar de forma monótona. Practica el 'Sentence Stress' (acentuación de la frase): en inglés, las palabras de contenido (sustantivos, verbos, adjetivos) deben ser más fuertes y claras, mientras que las palabras funcionales (preposiciones, artículos) deben ser rápidas y débiles. Esto creará el ritmo natural necesario para sonar fluido y no robótico.

Model answer

Both images present contrasting approaches to daily life, specifically regarding mental well-being. In the first picture, we see an individual working late at a cluttered desk, bathed in the cold, blue light of a screen. This scene conveys a sense of overwhelming stress and isolation. In stark contrast, the second image depicts a much more tranquil scene, where a person is engaging in yoga within a bright, plant-filled room. While the former suggests a sedentary and potentially burnout-inducing lifestyle, the latter illustrates a proactive approach to physical and mental health.

Judging by the body language, the worker in the first image appears to be struggling with exhaustion, whereas the person practicing yoga seems to be in a state of mindful equilibrium. It is highly likely that the person at the desk is experiencing the detrimental effects of a sedentary lifestyle and sleep deprivation. On the other hand, the second individual seems to be prioritising self-care. Ultimately, the juxtaposition of these two scenes highlights the fundamental difference between a life driven by external pressures and one focused on internal balance. One could infer that while the first person is merely surviving, the second is truly thriving.

Lesson 10: Mediation Task

Mediation

Basándote en la información del folleto, escribe un correo electrónico a tus compañeros de trabajo recomendando el programa. Debes utilizar un registro profesional pero cercano (semi-formal) y resumir los puntos clave de forma persuasiva.

Texto original (español)

El Centro de Bienestar 'Serenidad' ha lanzado un nuevo programa de salud integral. El programa combina sesiones de meditación guiada con ejercicios de respiración profunda para reducir el estrés laboral. Además, ofrecen talleres de nutrición consciente para mejorar la relación con la comida. Las sesiones son de solo 30 minutos, lo que las hace ideales para personas con agendas apretadas. El objetivo es ayudar a los profesionales a encontrar un equilibrio entre su vida laboral y personal. Las inscripciones están abiertas para nuevos miembros con un descuento especial durante este mes.

Imagen de apoyo



mediation

Estrategias clave

- Identificar la idea principal y los puntos clave del texto original.
- Adaptar el tono del mensaje al público objetivo (compañeros de trabajo).
- Parafrasear la información para evitar la copia literal del texto fuente.
- Organizar la información de manera lógica (introducción, cuerpo, conclusión).
- Utilizar conectores avanzados para dar fluidez al texto.
- Integrar la información de forma que responda a las necesidades del destinatario.

Audiencia de destino

your colleagues

Respuesta modelo (English)

Subject: Exciting opportunity for work-life balance

Hi everyone,

I recently came across an interesting announcement from the 'Serenity' Wellness Centre regarding their new holistic health programme, and I thought it might be of interest to us all.

They have designed a comprehensive wellness scheme specifically aimed at professionals managing busy schedules. The programme focuses on reducing work-related stress through guided meditation and deep breathing exercises. Furthermore, they offer mindfulness nutrition workshops to help improve overall well-being.

What makes this particularly appealing is that each session lasts only 30 minutes, making it highly manageable alongside our daily tasks. Given our current workload, finding ways to maintain a healthy work-life balance is essential, and this seems like a perfect solution.

As they are currently offering a special discount for new members, it might be a great time for us to sign up together. I highly recommend looking into it if you are looking for ways to de-stress.

Best regards,

[Your Name]

Lesson 11: Podcast Guide

Podcast Guide – Health, Mind & Well-being

Escuchar podcasts auténticos es fundamental en el nivel C1 para acostumbrarse a la velocidad natural, los modismos y los diversos acentos que no aparecen en los libros de texto. En esta guía, encontrarás recursos seleccionados para desafiar tu comprensión auditiva y ampliar tu léxico especializado en temas de salud y bienestar.

Recommended podcasts (3 total)

1. BBC: In Our Time

- Level & accent: British (High-level academic), C1 appropriate: Yes.
- Recommended episode: "The history of sleep" or "The history of medicine".
- Why it's useful for C1: Este podcast utiliza un lenguaje extremadamente sofisticado y estructurado, ideal para aprender a seguir argumentos complejos. Te obligará a procesar información técnica y académica a gran velocidad.
- 5 key phrases to listen for:

To be of great significance (Ser de gran importancia)

- A paradigm shift (Un cambio de paradigma)
- To underpin the theory (Sustentar la teoría)
- To stem from (Derivar de / tener su origen en)
- To be multifaceted (Ser polifacético / tener múltiples facetas)

2. TED Talks Daily

- Level & accent: Mixed (Global English), C1 appropriate: Yes.

- Recommended episode: "How to manage your mental health" or "The science of habit formation".
- Why it's useful for C1: Al ser charlas cortas, son perfectas para captar ideas principales y detalles específicos sin sentirse abrumado. El vocabulario es moderno, práctico y muy relevante para la vida cotidiana.
- 5 key phrases to listen for:

To take a toll on (Pasar factura a / afectar negativamente)

- To strike a balance (Lograr un equilibrio)
- To be predisposed to (Tener predisposición a)
- Cognitive load (Carga cognitiva)
- To foster resilience (Fomentar la resiliencia)

3. BBC: Desert Island Discs

- Level & accent: British (Natural/Conversational), C1 appropriate: Yes.
- Recommended episode: Any episode featuring a psychologist, doctor, or wellness expert.
- Why it's useful for C1: Este formato de entrevista permite escuchar el lenguaje coloquial y emocional de hablantes nativos. Es excelente para entender la entonación, las pausas y cómo se cuentan historias personales de forma fluida.
- 5 key phrases to listen for:

To go through a rough patch (Pasar por una mala racha)

- To be at a crossroads (Estar en una encrucijada)
- To deal with something head-on (Afrontar algo directamente)
- To find solace in (Encontrar consuelo en)
- To be deeply affected by (Verse profundamente afectado por)

Active listening strategies (C1)

- Listen for 'signposting': Presta atención a los conectores (e.g., however, furthermore, conversely) para identificar cuándo el hablante cambia de idea o introduce un contraargumento.
- Avoid the 'word-for-word' trap: No intentes traducir cada palabra. En C1, el objetivo es captar el "gist" (la idea general) y la intención comunicativa, no cada detalle gramatical.
- Note-taking by concept: En lugar de escribir frases completas, utiliza esquemas o mapas mentales para anotar los puntos clave y las relaciones entre ellos.
- Shadowing technique: Si escuchas una frase que te parece especialmente bien construida, pausa el audio e intenta repetirla imitando exactamente la entonación y el ritmo del hablante.
- Contextual guessing: Cuando escuches una palabra desconocida, no detengas el audio inmediatamente. Intenta deducir su significado basándote en el contexto y el tono antes de buscarla.
- Listen for nuance: Presta atención a la carga emocional de las palabras. El uso de adverbios (e.g., remarkably, arguably, slightly) indica la actitud del hablante hacia lo que está diciendo.

Follow-up task

Task: The Deep Dive Analysis

- **Vocabulary Extraction:** While listening, write down 5 new expressions or collocations. After the episode, look up their definitions and write one original sentence for each that relates to your own life.
- **Summary Synthesis:** Write a 150-word summary of the episode. You must use at least three of the "key phrases" you listened for to ensure you are integrating new vocabulary.
- **Critical Reflection (Speaking):** Record a 2-minute voice note on your phone summarizing your opinion on the topic discussed. Did you agree with the speaker? Why or why not? Listen to your own recording to check your fluency and pronunciation.

Lesson 12: Media Guide

Cine & Series – Health, Mind & Well-being

Utilizar contenido audiovisual auténtico te permite exponerte a matices de significado y registros que los libros de texto no suelen cubrir. Para alcanzar el nivel C1, no basta con entender la trama; debes analizar cómo los personajes expresan deseos, arrepentimientos y preferencias hipotéticas en situaciones de alta carga emocional.

The Shrink

- **Title, year, platform:** Shrink (original title: Shrinking), 2023, Apple TV+
- **Accent/dialect:** American (Standard and various regional US accents)
- **Why it's perfect for C1:** Although it is a comedy, the dialogue deals with deep psychological themes, grief, and mental health. The vocabulary density regarding emotions and interpersonal relationships is high, and the characters move between casual slang and more sophisticated, introspective language.
- **Episodes to start with:** Season 1, Episodes 1–3.

Language focus

1. "I wish I hadn't said those things to him when he was at his lowest."

- **Vocabulary note:** At one's lowest /æt wʌnz 'ləʊɪst/ (estar en el punto más bajo/en su peor momento).
- **Grammar spotlight:** Wish + Past Perfect. This is used to express regret about a past situation. The character is reflecting on a past mistake that cannot be changed.

2. "If only people would stop judging mental health struggles so harshly."

- **Vocabulary note:** Harshly /'hɑːfli/ (duramente/con severidad).
- **Grammar spotlight:** If only + would. This expresses a desire for someone else's behaviour to change or for a situation to be different in the present/future.

3. "I'd rather we didn't pretend everything was fine when it clearly wasn't."

- Vocabulary note: To pretend /prɪ'tend/ (fingir/pretender).
- Grammar spotlight: Would rather + Past Simple. This is used to express a preference for a hypothetical situation or a different reality in the present.

Viewing task (active watching)

- Vocabulary Log: Note down at least 10 new words or phrasal verbs related to emotions or psychology per episode.
- Register Shift Analysis: Identify scenes where characters switch from "therapy talk" (formal/professional) to "friendship talk" (informal/slang).
- Hypothetical Hunting: Every time a character expresses a regret or a wish, write down the sentence and identify if they are using Wish, If only, or Would rather.
- Oral Summary: After each episode, record a voice note on your phone summarising the main emotional conflict of the episode in 3 sentences using at least one hypothetical structure.

Similar titles (2 alternatives)

- After Life (Netflix): A poignant British series that uses dark humour to explore grief and mental resilience.
- Good Will Hunting (Film, various platforms): A classic masterpiece for practicing advanced psychological vocabulary and intense dialogue.

The Quiet Morning Ritual



everyday_scene

En esta escena vemos a una persona practicando un momento de introspección y calma matutina. Es una imagen ideal para discutir la importancia del autocuidado y la salud mental en medio de la vida moderna.

Preguntas para hablar (Speaking practice)

- Describe what is happening in this photograph and the atmosphere it conveys.
- How might the woman's morning routine affect her mental health throughout the rest of the day?
- In your opinion, why is it important for people to have moments of solitude in modern society?
- Compare the lifestyle shown in this image with the typical daily routine in your own country.
- Some people believe that digital technology prevents us from achieving this kind of peace. To what extent do you agree?

Unit review – Health, Mind & Well-being

Al finalizar esta unidad, deberías ser capaz de utilizar estructuras gramaticales complejas para expresar deseos, arrepentimientos y preferencias hipotéticas de manera natural. Esto incluye el uso preciso de wish, if only y would rather en contextos de salud y bienestar, permitiéndote hablar de situaciones que desearías que fueran diferentes.

Asimismo, habrás ampliado tu léxico de nivel avanzado, pasando de términos comunes a colocaciones sofisticadas y precisión terminológica relacionadas con la salud mental y física. Deberías ser capaz de participar en debates académicos o profesionales sobre el bienestar, utilizando un registro adecuado y demostrando un control léxico propio de un nivel C1.

Grammar consolidation

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

-

I regret not taking more breaks during the workday. WISH

I _____ more breaks during the □ □ □ day.

-

It's annoying that you keep checking your phone while we are talking about my health. RATHER

I _____ checking your phone while we are talking.

-

I'm sorry I didn't invest more time in mindfulness exercises last year. ONLY

If _____ more time in mindfulness exercises last year.

-

It's a pity that the government hasn't implemented better mental health policies. WISH

The government _____ better mental health policies.

-

I'd prefer it if you didn't smoke in the house. RATHER

I _____ smoke in the house.

-

It's frustrating that my back pain hasn't improved yet. WISH

I _____ my back pain.

-

It was a mistake for him to ignore the doctor's advice. ONLY

If _____ the doctor's advice.

-

I would prefer to stay at home and rest instead of going to the party. RATHER

I _____ at home and rest instead of going to the party.

-

It's annoying that the noise from the street prevents me from sleeping well. RATHER

I _____ the noise from the street.

-

I regret being so stressed during the exam period. WISH

I _____ so stressed during the exam period.

Vocabulary activation

A. Complete the sentences with the correct form of the word in capitals (Word Formation).

- The _____ of the new wellness centre has significantly improved local community health. (ESTABLISH)
- Chronic stress can lead to a variety of _____ health issues. (PSYCHOLOGY)
- Regular exercise is an _____ part of a healthy lifestyle. (ESSENCE)
- The patient showed remarkable _____ after the therapy sessions. (RESILIENT)

B. Choose the correct collocation to complete the sentences (C1 Collocations).

- It is vital to _____ a healthy balance between work and personal life.

a) make / b) strike / c) do

- Many people suffer from _____ anxiety due to the fast pace of modern life.

a) pervasive / b) wide / c) heavy

- The doctor suggested a _____ diet to manage his cholesterol levels.

a) strict / b) hard / c) tight

- We need to _____ awareness about the importance of sleep hygiene.

a) raise / b) lift / c) grow

C. Rewrite the sentences using a more formal/sophisticated synonym (Register Choice).

- The medicine had a big effect on his condition. (Use: profound)
- It is important to seek help if you feel overwhelmed. (Use: imperative)

- He is very tired because of his job. (Use: exhausted)

- The symptoms went away after a week. (Use: subsided)

Integrated skills task

Source Text: The Myth of the "Work-Life Balance"

In contemporary society, the term "work-life balance" has become a ubiquitous buzzword. However, many psychologists argue that the concept itself is flawed. By framing work and life as two opposing forces on a scale, we create an inherent sense of conflict. If one side is "up," the other must be "down," leading to a constant state of guilt or perceived failure.

Instead of seeking a perfect balance, experts suggest pursuing "work-life integration." This approach acknowledges that professional and personal responsibilities are often intertwined. Rather than trying to separate them into neat, isolated compartments, individuals should aim for a fluid movement between roles. While this requires higher levels of self-regulation and clear boundaries, it may reduce the psychological strain caused by the impossible pursuit of equilibrium. Ultimately, the goal should be well-being, not a mathematical balance.

Writing Task

Instrucciones: Lee el texto anterior y escribe una respuesta (un ensayo corto o una carta de opinión) de entre 180 y 220 palabras. En tu respuesta, debes:

1. Resumir los puntos principales del texto.
2. Expresar tu opinión sobre si la "integración" es más saludable que el "equilibrio".
3. Utilizar vocabulario de nivel C1 y estructuras gramaticales complejas (como las aprendidas en esta unidad).

Speaking checkpoint

Instrucciones: Responde a estas preguntas de forma oral para practicar tu fluidez y capacidad de argumentación. Intenta hablar durante 1-2 minutos por cada punto.

- Compare: Compare the advantages of traditional medicine with holistic approaches to well-being.
- Speculate: How might the definition of "health" change in the next fifty years due to technological advancements?
- Evaluate: Evaluate the impact of social media on the mental health of young adults today.
- Justify: Some people argue that mental health should be treated with the same urgency as physical health. Justify this perspective.
- Hypothesize: If you could change one thing about your current lifestyle to improve your well-being, what would it be and why? (Use wish/would rather).
- Discuss: Is it the responsibility of the employer or the individual to ensure mental well-being in the workplace?

Self-assessment rubric

Criteria |

Needs work (B2/Below) |

Solid (C1) |

Exam-ready (C1+/C2) |

Accuracy |

Frequent errors in complex structures. |

Good control; errors are rare and don't impede meaning. |

High level of precision; complex grammar used naturally. |

Range |

Vocabulary is repetitive or basic. |

Uses a variety of advanced words and collocations. |

Sophisticated use of idiomatic language and varied structures. |

Fluency |

Frequent hesitations or pauses. |
Speaks at a natural pace with some self-correction. |
Smooth, effortless flow even when discussing complex topics. |
Task Achievement |
Does not fully address the prompt. |
Addresses all parts of the task clearly. |
Provides nuanced, well-developed, and insightful responses. |

Answer key

Grammar consolidation

1. I wish I had taken
2. I would rather you didn't
3. If only I had invested
4. wishes it would implement / wishes it implemented
5. would rather you didn't
6. I wish my back pain would improve
7. If only he hadn't ignored
8. I would rather stay
9. I would rather it weren't / I'd rather there wasn't
10. I wish I hadn't been

Vocabulary activation

1. establishment
2. psychological
3. essential
4. resilience
5. b) strike
6. a) pervasive
7. a) strict
8. a) raise
9. The medicine had a profound effect on his condition.
10. It is imperative to seek help if you feel overwhelmed.
11. He is exhausted because of his job.
12. The symptoms subsided after a week.