

Dealing with emotional problems

Nikki Webber Allen, *Don't suffer from your depression in silence*, TED talks [online], [dostęp 20 grudnia 2021], dostępny w Internecie:

https://www.ted.com/talks/nikki_webber_allen_don_t_suffer_from_your_depression_in_silence#t-353416

I Match the words with their translation. There are 2 extra words you do not need to use.

- | | |
|------------------|---------------------------------|
| 1. anxiety | a) fatum, przeznaczenie, skazać |
| 2. overwhelming | b) leczyć |
| 3. doom | c) trudności |
| 4. resilience | d) obawa, strach |
| 5. misconception | e) człowiek sukcesu |
| 6. high achiever | f) osiągnięcia |
| 7. heal | g) przytłaczający |
| | h) odporność, elastyczność |
| | i) niewłaściwe zrozumienie |

II Watch the beginning of the presentation and answer the questions.

How does the speaker start her talk? What effect does she achieve by that?

III Watch the video and answer the questions.

1. What wasn't she diagnosed with?
 - a) generalized anxiety
 - b) depression
 - c) borderline personality disorder
2. How did she understand depression?
 - a) as a sign of weakness/ flaw
 - b) as something frightening
 - c) as an illness
3. Was she successful at her work?
 - a) yes
 - b) no
4. Why didn't she tell anybody about her depression?
 - a) she felt ashamed/guilty
 - b) she felt sorry for herself
 - c) she felt scared
5. There are many reasons for depression.
 - a) yes
 - b) no
6. Black Americans less often treat depression than white Americans.
 - a) yes
 - b) no

7. Which will not help you if you suffer from depression?

- a) treatment
- b) therapy
- c) medication
- d) hiding it

8. What aspects helped the speaker to overcome anxiety?

- a) meditation and healthy diet
- b) yoga and running
- c) meditation

IV Complete the text with the following words:

- a) mind-blowing b) research c) adversity d) predisposition

Now, my way of dealing with is to face it head-on, so I spent the next two years researching depression and anxiety, and what I found was The World Health Organization reports that depression is the leading cause of sickness and disability in the world. While the exact cause of depression isn't clear, suggests that most mental disorders develop, at least in part, because of a chemical imbalance in the brain, and/or an underlying genetic So you can't just shake it off.

V Discussion.

What was the overall purpose of the speaker giving the speech?

How can you help somebody to fight depression?

Do you know any organizations that help people with similar problems?

What do you do when you are feeling down or sad?

For more information on the topic of depression check the following websites:

<https://therapify.eu/pl/blog/wiki/organizacje-pomagajace-chorym-z-depresja-w-polsce-i-na-swiecie>



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