UNIT 3

Pre-task

Put a ✓ on what is true about yourself. Be honest. Give response to all the items.

1. How many times a day do you eat? (Circle one) 1. 2. 3. 4.
2. Do you eat healthy food?
   ☐ Yes ☐ No ☐ Sometimes
3. Do you ever get stomach aches?
   ☐ Often ☐ Sometimes ☐ Rarely ☐ Never
4. Do you ever feel nervous?
   ☐ Often ☐ Sometimes ☐ Rarely ☐ Never
5. How many hours a night do you sleep? (Circle one)
   4. 5. 6. 7. 8. 9. 9+
6. How many hours a day do you study? (Circle one)
   Less than one 1-2 2-3 3-4 4+
7. Do you have any academic pressure? (Are you worried about your studies?)
   ☐ Yes, a lot ☐ No, not much ☐ Some
8. Do you feel any pressure from parents, family or work?
   ☐ Yes, a lot ☐ No, not much ☐ Some
9. Do you ever get headaches?
   ☐ Often ☐ Sometimes ☐ Rarely ☐ Never
10. Do you play any sport or do any exercise?
    ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

Discuss your responses with your friends, teachers and parents.

Read 1 MANAGE YOUR STRESS

Strengthening Mental Flexibility

Mind, emotions and body are all closely interlinked and always work together. It helps you distinguish them more clearly if you try to understand them separately. Your mental capacities are your abilities to concentrate, to take in new information, to remember old and new information and to be in a position to think logically. You need your mental capacity in order to study, to work, to impose a constructive and workable order on your life, and to make rational day-to-day decisions. For example, if you had the choice of walking to work or taking the car, the fact that it was raining hard and you had a cold could lead you to the decision that it was better to take the car. That would be a rational decision based on the current circumstances.

The mind is the rational, logical part of you that helps you to make unemotional choices, to store and retrieve information and to order and calculate. It is the counterpart to the emotions. A good example of the interaction

between mind and emotions is exam nerves. Your mental capacity has helped you retain what you have revised You 'know your stuff' but when you enter the exam room and start getting emotional by expecting difficulties and imagining failure, all of a sudden the carefully stored information is no longer available. Your emotions have barred the way to your inner information store. Do you find yourself reacting in any of the following ways?

- You find it difficult to concentrate on things.
- Your memory is letting you down frequently.
- You have lots of different things on your mind but cannot grasp a clear thought.
- You are often undecided these days and this is untypical for you.
- You make longer to do tasks that you were able to complete quite quickly before.
- You start lots of things but don't finish any.

If yes, then it gives a sign of mental stress present in you. The better you deal with stress, the less your mental capacity will be affected. The following exercises will help you build better stress resilience and rebalance yourself if your mental capacity has already started to suffer due to stress.

Stop over- thinking

When tasks and pressures start building up, the mind can sometimes go into over thinking and you come to the thought, 'I wish there was a switch in my head that I could flick and turn off all the thoughts going around in my mind!' It is not that easy. There is a technique to help yourself during the problem of over thinking :

- Say to yourself repeatedly during the day :

'I have no expectations and I will deal with whatever happens... when it happens.'

When you think about a stressful day that lies in front of you, your thoughts run approximately like this : 'Oh my God, I have so much to do ! I must do X and Y and Z and after that, A and B need to get sorted out as well! I don't know how I'm going to do it all. I won't even have time to eat!'

Basically, the day hasn't even started but you are already in a tizz. What is happening is that your mind is racing ahead of you and anticipating how tired and stressed you will feel once you have completed all the tasks ahead. These frantic thoughts start weakening your energy and as a result you are entering into a busy day with only half of your normal energy. Then, when you end up shattered at the end of day, you seem to have proved that you were right all along – you had a dreadful day and you feel physically drained.

In order to have the maximum energy available at the start of a busy day, use 'I have no expectations and I will deal with whatever happens when it happens' as a form of mantra. You will notice how your body starts relaxing at the thought of 'no expectations'. This relaxation tells you that you have just stopped yourself from wasting valuable energy. You will feel calmer mentally and emotionally as a consequence.

Self-hypnosis

You can use this self-hypnosis state to relieve mental stress. Try the following exercise. It becomes easier with your eyes closed.

- Settle back in a chair and close your eyes.
- Start counting backwards from 99 to 70. Count slowly to fit in with your breathing.
- Now count down from 69 to 30, while imagining walking down the steps of a beautiful staircase. Feel yourself walking down in time with your breathing. See the beautiful grand staircase stretching ahead of you. Imagine the steps are carpeted so that your progress is as effortless as possible.
- Count down from 29 to 0 while imagining drifting further down in luxurious lift, as

large as a room, carpeted, with views of landscapes outside. Watch the decreasing numbers along with your breathing.

- As you arrive at 0, the lift doors open and you enter a room that is furnished just as you would like it. It was all your favourite things in it and it is totally private. Find a comfortable chair in your room and settle back in it.
- Remain there in your imagination until you feel rested and refreshed, then open your eyes again.

The Screen Exercise

When emotions have taken you over, it becomes nearly impossible to think clearly. Then it becomes very easy to make unwise decisions or to agree to something which is not to your advantage. The Screen Exercise shows you how to step back and emotionally detach yourself from your current situation so that you can see more clearly what is going on.

Taking an outsider's point of view and imagining another person in your situation will put a new perspective on your stress problem so you can evaluate more calmly what needs to be done.

- With your eyes closed, think about the situation that is currently causing you stress.
- Imagine projecting the situation onto a screen in your mind as if it were a film you were watching. Include only what has really happened not what you are afraid might happen.
- Replace yourself in the film with someone else of the same gender.
- Watch the film as an outside observer.

  How do you feel about what is going on in the film?

  What advice would you give the person who is replacing you on the screen?
- Open your eyes again and act on your own advices.

Anticipating success

When life becomes too hectic, we can end up feeling mentally tied in knots. Nothing seems easy and positive. Pessimism sets in and we cannot see a way out of our current problems. We can open a source of optimism with the technique of anticipating success.

- Settle back in a chair and close your eyes.
- Experience with all your senses what it feels like to have achieved something and enjoy the resulting feelings of relief and elation.
- Hang on to the positive feelings and bring them back with you into the here and now.
- Open your eyes again.

Make sure you don't get all tangled up in considerations about how the situation will resolve itself. It will look after itself as long as you keep your aim firmly in mind. If you stay focused on a positive outcome, you can think more clearly and you will make better decisions, which will eventually lead to the desired results.

If there could be a number of different positive outcomes, then simply concentrate on visualising one version today and another version tomorrow. This is not an exercise in correctly predicting the future, but rather a way of clearing negative thoughts from your mind and focusing on a positive state.

Glossary

distinguish differentiate **impose** enforce **rational** logical, sensible **retrieve** regain, get back **counterpart** equivalent **exam nerves** nervousness caused by exam **retain** (here) remember **resilience** speedy recovery from problems **languidly** leisurely, slowly **hemisphere** a half of a sphere, ગોળાર્ધ **flick** strike **tizz** a state of nervous excitement **anticipate** foresee, predict **frantic** agitated,

wild **shattered** upset, tired **dreadful** terrible, horrible **drained** exhausted **consequence** result **self hypnosis** giving suggestion to self that would influence one's own consciousness and thoughts **drifting** descending, dropping **landscape** scenery, surroundings **perspective** viewpoint **hectic** very busy and hurried **pessimism** negative thinking, tendency to expect the worst **optimism** positive thinking, tendency to expect the best **crisis** critical moment, worrying time **elation** great happiness, ecstasy **tangled up** trapped, confused

Comprehension

C.1.1 (a)What is your way of reacting? Tickmark in the list in second para of the read.

(b)What are the areas or topics of your over-thinking?

(c) Do all the four steps of 'anticipating success' and then share your feeling with your partner.

C.1.2 Peep into your life and fill in the table. Add one incident when you really felt stressed.

Action	Yes/No	How long does that feeling last?	Reason
You are frightened when a cockroach climbs up your leg.			
Your mouth starts watering when you think of lemon being squeezed.			
You shiver in interviews or in elocution competitions.			

C.1.3 Make pairs. Put the appropriate letter in the brackets.

1	Mind	( )	A	helps in balancing our brain.
2	Music	( )	B	makes you unable to concentrate.
3	Mental ability	( )	C	makes you physically weak and exhausted.
4	Mental stress	( )	D	keeps us in position to think logically.
5	Anticipation of happenings	( )	E	starts lot of things but does not finish.
			F	helps you decide against feelings also.

C.1.4 Write three sentences about how these help.

1. Putting worries on paper
2. Removing worries of '*I can't*'
3. Writing a few lines with the other hand
4. 'No Expectation'

C.1.5 Answer these questions.

1. Do you think there are more chances of accidents when you are in a hurry or you have some tension?
2. What would you do when you have stress? Which exercise suits you more? Why?
3. Why can you not take proper decisions when angry?
4. You have a cricket match today. Tomorrow there is a test in the school and you should study now. You are supposed to choose one. Make a decision and say why it is rational.
5. Write your experience to support the statement: We don't get tired of work but we get tired of list of pending tasks.
6. List the work you can do at these places: in kitchen, in garden, at your papa's work- place, in play ground, in school etc.

C.1.6 Summarize in four-five sentences each.

1. Self-hypnosis 2. The screen exercise 3. Anticipating success

Read 2 STRESS CONTROL EXERCISES

Short meditation-1

- Make yourself comfortable and close your eyes.
- Choose a word that symbolises 'calmness' to you : 'harmony', 'tranquility', 'serenity', 'peace', 'relax'.
- Meditate on your chosen word. Visualise scenes that tie in with the word or build up mental images that illustrate the word. You can also spend some time imagining what it would feel like if you experienced harmony or tranquility inside yourself.
- Open your eyes again.

Short meditation-2

- Pick a material such as dress fabric, a stone, a piece of wood or anything else that appeals to you.
- With your eyes closed, explore the texture of this material.
- Spend at least two minutes doing this.

Give your brain oxygen hit

Half the problem with being stressed and unable to concentrate properly is that you don't breathe deeply enough to supply your brain with sufficient oxygen. When we get stressed, we tend to hold our breath or only breathe in a shallow way, using only the top part of our lungs. In order to deepen your breathing and get oxygen all the way up into the brain again, do the following exercise for two minutes :

- Rub both your hands together for a moment to create energy.
- Place your palms one on top of the other on the area just below your navel.
- Breathe consciously into your belly, making your palms rise every in-breath.
- Imagine breathing oxygen into your brain.

The Crown Pull

When we breathe, there is a microscopic movement of the cranial bones which in turn allows the cerebrospinal fluid to move freely through the spinal column and the skull. When tensed or upset and don't breathe deeply enough, this can result in bones in the skull becoming slightly stuck together so that the fluid cannot circulate properly.

The Crown Pull influences the flow of cerebrospinal fluid in a positive way. It helps calm your nervous system and can also often take away a headache or stress-induced stomach ache, as well as helping you think clearly.

- Place both of your hands with your fingers like combs on top of your head so that your

little fingers are touching your hairline at the front.

- Firmly press down on to your scalp and pull your fingers away from the midline, combing outwards with each hand.
- Now place your hands in the same way higher up on the midline of the head and repeat the procedure.
- Now place hands even further back on your head, towards the crown, and repeat the procedure.

Mental quick fixes

- Put on some music you like and dance through the room. This creative activity exercises the right side of the brain and helps rebalance your brain.
- Get a fish tank and watch the fish swim around languidly. This allows your mind to calm down.
- Write down all your worries. Putting them on a piece of paper gets them out of your head.
- Get out into nature and walk.
- Concentrate on what is right now rather than what might happen tomorrow.
- Sing in the bath and use the shampoo bottle as a micro-phone.
- Nobody is perfect and who wants to be nobody? Mistakes are OK.
- Delete the phrase "I can't" from your vocabulary. It isn't constructive and blocks your view of possible solutions.
- Write a few lines with your other hand. This rebalances the two hemispheres of the brain.
- Expect to be lucky.

Glossary

tranquility calmness **serenity** peacefulness **cranial bones** skull bones **cerebrospinal fluid** fluid of brain **spinal column** spine, backbone, કરોડરજ્જુ **stress induced** caused by stress **scalp** skin on top of the head

Comprehension

C 2.1 Here are some words which can make you stress-free. Read their dictionary meanings. Close your eyes and recollect the words and images that occur in your mind. List them in the last column. An example is given. (You can use mother tongue.)

Word	Dictionary meaning	Your word/ image
Calmness	state of mind being free from agitation, excitement, or disturbance	ગુસ્સો, ઉચાટ, ખળભળાટ, ખલેલ વિનાની સ્થિતિ, બંધ આંખ, લીલુછમ મેદાન, soft music
Harmony	internal calmness	
Tranquility	a peaceful, calm state, without noise, violence, worry, etc.	
Peace	freedom from disturbance	
Relaxation	make or become less tense or anxious	

C.2.2 Do step 1, then replace the underlined part and do it again. Then narrate your experience. (You can use mother tongue.)

Step 1	Step 2	Your physical and mental feeling
Meditate on your favourite word.	favourite idol	
Build up mental images that illustrate the word.	images of your past incidents where people liked you	
Explore the texture of some material with eyes closed.	streets and areas of your city/village	
Put your palm on your belly and feel breath-in.	finger under your nose and feel breath- out	

C 2.3 Answer these questions.

1. Which things create stress in you?
2. What are the effects of stress on you?
3. How do you release stress?
4. Which of these techniques is more effective on you?
5. How would life be without stress?

Vocabulary

V.1 Circle the word that is different from the other three words.

1) tangled – intertwined – tizz – confused
2) tranquility – calmness – serenity – restlessness
3) anticipating – foresee – predict – evaluate
4) retrieve – rescue – salvage – evade
5) crisis – crunch – deadlock – breakthrough

V.2 Each group of four words contains two words that are either synonyms or antonyms. Circle these two words; then circle S if they are synonyms, and A if they are antonyms.

1.	luxurious	frantic	rustic	anxious	S	A
2.	bountiful	lovely	shameful	dreadful	S	A
3.	consequence	outcome	outlook	euphoria	S	A
4.	circuit	hectic	catastrophe	crisis	S	A
5.	elation	corrosion	solution	desolation	S	A
6.	idealism	optimism	pessimism	optimum	S	A
7.	serenity	severity	sincerity	tranquility	S	A

V.3 Choose the best answer in light of the bold word in question.

1) When do you get **shattered**?
   a) after the whole day's office work
   b) after watching a funny movie
   c) before thinking a lot
   d) while working on a computer
2) Which of the following is in reference to the word **half**?
   a) cranial bones
   b) landscape
   c) hemisphere
   d) cerebrospinal

3) When do you feel that your day is **hectic**?
   a) when you have a lot of leisure time
   b) when you can't relax
   c) when people don't cooperate with you
   d) when you are travelling to a hill station

4) Which of the following will you not like to have on your **scalp**?
   a) tension
   b) hair
   c) hair-oil
   d) dandruff

5) Which of the following processes, if doesn't take place in your mind, **induces** chances of your failing the exam?
   a) tangling of information
   b) flicking of information
   c) retrieval of information
   d) drifting of information

V.4. Underline the proper word from the bracket and indicate its place in the sentence.

Example: Our fishing lines got all when we were bringing them in. (tangled up, anticipated)

Answer: Our fishing lines got all ^ when we were bringing them in. (tangled up, anticipated)

1) The early death of his business partner due to overwork has given him a new on life. (perspective, flick)
2) I sometimes events in the future in my dreams. (resilience, anticipate)
3) I could not fix the bug in the programming code so I sent the task to my in America. (hemisphere, counterpart)
4) Studies have shown that optimists generally live longer than. (pessimists, hectic)
5) Can you the light off when you leave the room? (retrieve, flick)

V.5 Improve each of these sentences by crossing out the phrase in bold and replacing it with a word/phrase given in the list.

(cerebrospinal fluids, irrational, hemisphere, cranial bones, tizz, exam nerves, flick)

Example:

• The United States is in the northern **half of the sphere.**

The United States is in the northern hemisphere.

1) **Butterflies in the stomach** and worrying thoughts are indications of fear that occur before or during test situations.
2) He dismissed the secretary with a **sudden and quick movement of his fingers.**
3) The sudden attack with a metal rod broke the **top portion of the skull** of the soldier.
4) There are four cavities in the brain which are filled with **brain and spinal cord liquid.**
5) My mind is all in an **excited state of agitation.**
6) I cannot have a well-grounded discussion with my **delusional** aunt.

V.6 Match A with B and frame a sentence using both of these words.

A	B	Make sentences of your own
impose	to	I do not like to impose my ideas upon others.
take	on	
lead	upon	
based	down	
swim	in	
let	around	

Function (Talking about people/places in relation to something/someone)

F.1 Read out this conversation and the passages. Observe the words printed in bold.

(A) Aarushi : Hey Sneha, look at those bangles in that imitation jewellery shop.
Sneha : Wow ! They are indeed wonderful.
Aarushi : They have **the same** golden glitter **as** real gold ornaments have. How would they look on the hands of my mom?
Sneha : Oh….nice. So, are you thinking of your mamma's choice?
Aarushi : You are right, Sneha. **Unlike** me, my mamma doesn't prefer imitation jewellery.
Sneha : But look at the shape and design as well. They have the same traditional design as the old ones your mom has. These bangles are in no way **different from** your mamma's choice.
Aarushi : That's quite true. Let me buy it for my mom.
Sneha : Surely, she will be happy to have them.
Aarushi : Yes, I agree. Our views are quite **alike.**

(B) Hello friends,
Let me introduce this chap to you. He is our new classmate. He has taken up **the same** course of study **as** I did. He lives in **the same** house **as** I do. It's of the same size, the same colour, the same look but with a different style. He doesn't like **the same** song **as** I do. **Unlike** me, he is always much worried about his career. I am a carefree person. He is also **the same** aggressive and bold person **as** I am. Don't get surprised, we are twin-brothers. Now, clap for Jitesh and Mitesh.

(C) Let's compare the teachers we know in the school. Mr Mehta who teaches English is **almost the same** age **as** Mr Bhatt, the economics teacher. Mr Mehta's personality is **quite different from** Mr Bhatt. They both are good teachers and in that respect they are **alike**, but Mr Mehta participates more in social activities than Mr Bhatt does. He doesn't work as hard as Mr Bhatt. Mr Mehta works **like** a snail. Mr Shah differs from both of them. Mr Shah's social interests are **the same as** Mr Mehta's but he doesn't like to mix with strangers. **Unlike** Mr Mehta, Mr Shah avoids attending functions outside town.

F.2 Notice the use of expressions showing similarities and differences between people and things. From F1 A,B,C analyze and write down similar expressions as shown in these examples.

Examples:(1) Mr Mehta's personality is quite different from Mr Bhatt's.
Reading interest of my sister is quite different from that of mine.
(2) But these bangles aren't the same as your mom has.
Ishan Sharma's batting skill isn't the same as that of Virat Kohli's.

(1) The teaching skill of Mr Mehta and Mr Bhatt are alike.

(2) Mr Mehta works like a snail.

(3) Unlike Mr Mehta, Mr Shah avoids attending functions outside town. Travelling is Mr Mehta's hobby.

(4) He lives in the same apartment as I do.

(5) He is also the same aggressive and bold person as I am.

F.3 Here is a game of naughts and crosses. Let's play it differently. Make a sentence choosing the adjective and select your sign- either Naught (O) or Cross (X). If the sentence is approved by the teacher, you can put the selected sign in the relevant box. Your partner would do the same. The student who gets three naughts or crosses in a line is the winner. You can make sentences of equal and unequal comparisons observing your classmates and things in class. Best of luck.

the same as	like	almost the same as
unlike	the same....as	differs from
similar to	alike	different from

For example: Rina has the same attitude as her brother has.

F.4 Look at the two pictures given below. Observe the similarities and differences between them. Frame sentences using all expressions mentioned in F1.





For example: - Both houses are almost alike but the drawing room arrangements differ.

F.5 Make meaningful sentences joining A with B and C.

A	B	C
1. My house is	is almost the same as	to your opinion.
2. Unlike Ankleshwar	matter is similar	from the school as that of your house.
2. My opinion in this	Anand is not	very hard working.
3. Unlike the lazy Mr. Sharma	Mr. Rawal is	an industrial city.
4. The sweetness of Vina's voice	at the same distance	the voice of Lata Mangeshkar.

F.6 Insert "as" at the proper place in these sentences.

1. My mother has the same car my father has.
2. I think that your sister is the same age that of Monika.
3. This is the same bike you bought me.
4. Jahid is the same clever little boy his father.
5. This is the same dress I wanted to buy last week.
6. This is the same computer that one.

F.7 Talk about the general similarities and differences of things which can be seen in your classroom. Make use of the expressions the same as, alike, differ from, different from, almost the same as, etc.

For example: Two pens My pen is different from Aarif's.

Things : two blackboards, chairs, desks, walls, windows, doors, notebooks, etc.

F.8 Choose any one of these and write a description based on the points given in which one thing or person is compared to the other.

1. The school at present and the school you attended last year

- building (big-small)
- number of students (more-less)
- size of playground (small-large)
- distance from your home (far-near)

2. Find out similarities and differences between the appearances of you and someone in your class with respect to the following features.

- height - strength - weight - carefulness
- complexion - punctuality -color/type of hair- friendliness
- color/size of eyes -determination

3. Write a short paragraph pointing out the similarities between:

(A) a man and a tree (B) an earthmover and an elephant (C) a mobile phone and a TV

Writing

W. 1 We all feel stressed nowadays but the reasons are different. Think about the reasons that give you stress

I got stressed because…

1. I woke up late yesterday and I could not reach my school on time.
2.
3.
4.
5.

W. 2 There is an elocution competition on 'Benefits of Positive Attitude' in your school. Prepare a speech for it.

W. 3 Your brother got stressed due to approaching examination of class ten. Write a letter advising him on stress management using the points in the poster.



Activities

A.1 Do meditation for 15 minutes before you go to sleep. Note down what change you felt in the quality of your sleep.

A.2 List the situations in which you felt stress during the last week.

Project

Talk to your parents/guardians. Find out the reasons behind their stress, anxieties and tensions. Try to know what they do to get over their stress, anxieties and tensions.

*