

**Profesora Miryam Bedwell**

**Inglés Unit 2 (Mayo) / 8º Básico Nombre:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **CLASE Nº 2** | **OA 5 Y 14** Leer y demostrar comprensión de vocabulario  Completar y escribir, de acuerdo a un modelo (ejemplo) | | | |
| **FECHA ENTREGA** | **15 de mayo** | **MEDIO ENTREGA** | [profe.miryam.pjq@gmail.com](mailto:profe.miryam.pjq@gmail.com)  o subir a classroom ALEXIA  Unit 2 | **RECUERDA: usa google traductor o diccionario para ayudarte** |

**Concepto clave:** Adicciones

**Class 2: “Avoiding Addictions”**

**Práctica guiada:**

1. A continuación se presentarán palabras y conceptos que hablan acerca de adicciones que tiene las personas. Por ejemplo el uso del celular de forma constante y obsesiva es una adicción.

* Look these words up in a dictionary. Busca las siguientes palabras en el diccionario y escribelas.

1. healthy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. to cope with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. a fix \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. urge \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. counseling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. uncommon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. to attempt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. self-esteem \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. trigger \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. overwhelming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Now, read the article. Ahora lee el artículo.

1. **Find healthy ways to cope with stress.**

Many people begin using drugs as a way to deal with stress and tension, but drugs are only a temporary fix. Once a person comes down from drugs, they experience physical and psychological side effects that only intensify feelings of [anxiety](http://psychcentral.com/disorders/anxiety/). Methods such as exercise or meditation can eliminate the urge to try drugs.

1. **T**[**herapy**](http://psychcentral.com/psychotherapy/)**or counseling.**

It is not at all uncommon to experience feelings of [depression](http://psychcentral.com/disorders/depression/). Many people experience highs and lows that can be difficult. Drug users often are people who are attempting to self-medicate for their psychological issues but they simply treat the symptoms. Working with a mental health professional is a much more effective, a psychologist or psychiatrist can help.

1. **Maintain a lifestyle that makes you happy.**

Low [self-esteem](http://psychcentral.com/lib/2006/how-to-raise-your-self-esteem/) and depression are major triggers for drug abuse. It is easy to let problems at work, at school, with your family or at work, become overwhelming, to the point that you do not enjoy or partake in other important aspects of your life. Maintaining strong relationships with the family and good friends and a healthy balance between physical and mental activity can help you maintain the stability that is needed to stay drug free. Maintaining strong relationships and a healthy balance between physical and mental activity can help you maintain the stability that is needed to stay drug free.

* Match according to the information in the text:
* coloca la letra en la columnas según la información del texto.

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| --- | --- |
| 1. People take drugs because | \_\_\_ can be effective. |
| 1. To avoid drugs, | \_\_\_ can cause drug abuse. |
| 1. Qualified professional | \_\_\_ they have stress and tension. |
| 1. Low self-esteem and depression | \_\_\_ exercise and meditate. |

* Answer these questions with information from the text:
* contesta las siguientes preguntas con información del texto.

1. Are drugs a good solution to cope with stress?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. What type of side effects can drugs cause?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. What is to “self-medicate”?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Who are mental health professionals?

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