



Mental Health



Instant Lessons

EXAMPLE

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Lesson Plan: Mental Health EXAMPLE

Lessons: Introduction, reading, listening, speaking (seminar) and writing.

Time: 1-1.5 hours.

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'Mental Health'.
- Give out the '**Mental Health Reading Text Worksheet**' and discuss the lead in questions.

Reading: Test-Type Questions [20-30 minutes]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project **ANSWERS**

Listening: Lecture & Test Questions [30-40 minutes]

Video: Available in paid download

MP3: Available in paid download

- Give out the '**Listening: Mini Lecture Worksheet**'.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2

- Students listen & take notes (Use paper or the PPT slides in the Appendix).
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Speaking: Seminar [10-15 minutes]

- Give out the '**Speaking Worksheet**'.
- Students revise content from the reading & lecture texts.
- Students hold a seminar discussion using the question prompts.
How to run a seminar: <https://www.academic-englishuk.com/seminars>

Writing: Summary [20 minutes + tutor feedback]

- This can be a homework task if limited time.
- Students use the two texts (reading and listening) to write a 150-word paragraph on 'why important'.
- Tutor: error correct & return - <https://www.academic-englishuk.com/error-correction>

Mental Health Reading Text Worksheet

Task 1: Lead In

1. Can you explain what mental health means?
2. How do [redacted] issues?
3. Look at the title of the reading text – what areas do you think it will cover?

Task 2: Reading Text: **Mental health: a brief overview**

By A. Watson (2021)

Mental health which refers to cognitive, behavioural and emotional well-being (Felman, 2020) has [redacted] Old asylums have closed down in favour of care in the community and talking therapies. Both of which [redacted] the shift in society's attitudes. Tragic news reports and prominent campaigns have led to people becoming [redacted] more supportive of people with mental health issues. As 792 million people around the world are [redacted] (MHFA, 2020), it [redacted] health now has the same equal footing as physical health.

Mental illnesses, stemming from factors such as [redacted] choices, can be categorized into two main types: anxiety and mood. Anxiety disorders include [redacted] common type of mental illness with 8.2 million diagnosed in 2013, panic disorders which affect 1 in [redacted] the population with women twice as likely as men to suffer (ibid). Mood disorders include depression, [redacted] million people worldwide (WHO, 2020), bipolar disorder which affects 1 in every 100 people and usually [redacted] nd), [redacted] which impacts the lives of 3 in every 100 people.

As mental health can affect daily living, relationships [redacted] nowadays have access to a range of support and therapies. Talking therapies like counselling, [redacted] therapy (CBT) aim to either help the individual to overcome challenges in their life or help them change how [redacted] and creative therapies like drama, dance, music and art therapies are treatments that use arts-based [redacted] premise that the individual becomes more expressive and communicative, and complementary [redacted] acupuncture, aromatherapy and homeopathy are used to increase wellbeing, improve relaxation and [redacted] evidence-based research, they have been around for centuries and a considerable number of people believe [redacted]

References

[redacted]. [online] Available at <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health/> Assessed 12 March 2021.

NHS. Nd. *Possible causes of poor mental health*. [online] Available at [redacted] Assessed 11 March 2021.

Venters. 2018. [redacted]. [online] Available at <https://digital.nhs.uk/blog/transformation-blog/2018/the-past-present-> Assessed 11 March 2021.

WHO. 2020. *Mental Health*. [redacted] Assessed 12 March 2021.

Reading Text Questions

Task 3: Headings

Choose a subheading for each paragraph. One title is not needed.

| | | | |
|---|--|---|--------------------------------|
| 1 | | A | Most common diagnoses |
| 2 | | B | |
| 3 | | C | The evolution of mental health |
| | | D | |

___ / 3

Task 4: Open Question

Answer the question using words from the text.

| | | |
|----|------------------------|--|
| 1. | What is mental health? | |
|----|------------------------|--|

___ / 1

Task 5: True, False or Not Given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

| | | T / F / NG |
|---|---|------------|
| 1 | Attitudes towards mental health have changed over the last decade. | |
| 2 | Almost _____ each year. | |
| 3 | _____ GAD each year. | |
| 4 | Panic disorders affect more women than men. | |
| 5 | _____ teenagers. | |
| 6 | IPT, CBT and counselling are used to encourage the patient to talk. | |
| 7 | _____ people. | |
| 8 | Complementary and alternative _____ | |

___ / 8

Task 6: Vocabulary

Key language – search for a word in the text that means:

| Paragraph | | Word |
|-----------|--|------|
| 1 | The process of changing completely. | |
| 1 | _____ | |
| 1 | Very important. | |
| 2 | A _____ parts can develop. | |
| 2 | An anxiety disorder involving extreme fear of something. | |
| 2 | _____ | |
| 3 | To succeed in controlling something. | |
| 3 | _____ relaxed. | |

___ / 8

Total Score ___ / 20

Listening: Mini Lecture Worksheet

Task 1: Key Vocabulary

Check these words and phrases before listening:

treatment. disorder. mental health. genetic. biological. psychological. anxiety. depression. socioeconomic status. susceptible. Buddhist. meditation. aware. therapy. derived. influence. psychotherapy. dysfunctional. therapeutic. adjustments. enhance. recurring. favourable.

Task 2: Lecture Listening

Listen to the lecture on Mindfulness-based Cognitive Therapy [MBCT] and answer the following questions:



2.1 Open Questions

| | | |
|------|---|----------|
| i. | How many people have mental disorders per year in England? | |
| ii. | Name _____. | 1. 2. |
| iii. | How many people in Britain suffer from anxiety or depression? | |
| iv. | Name _____? | 1. 2. |
| v. | How _____ mental health issues? | |

___ / 7

2.2 Multiple Choice

Choose ONE answer only for each question.

| | | |
|------|------------------------------------|--|
| i. | Mindfulness is a combination of... | ancient wisdom and 21 st century science. |
| | | _____. |
| ii. | Mindfulness _____ of our... | _____ |
| | | thoughts, feelings and meditation. |
| iii. | CBT is a type of... | sociology. |
| | | _____ |
| iv. | CBT was developed in the... | 1950s. |
| | | _____ |
| v. | MBCT _____ ... | _____ |
| | | mediation and quality of life strategies. |
| | | quality of life strategies and thinking patterns. |

___ / 5

2.3 Gap Fill

How does MBCT help people with recurring depression? Complete the gaps. The first letter is already given.

MBCT has shown to be b_____ as _____
f_____ at the first sign of depression.

___ / 2

Total Score ___ / 14

Speaking Worksheet

Discussion

Use the two texts (reading and listening) to discuss these questions:

Key Sources:

Reading: **Watson (2021)**

MHFA (2020) / NHS (Nd) / [redacted] (2020)

Lecture: **Watts (2021)**

Seminar Questions

- 1) Define mental health and MBCT.
- 2) Discuss [redacted] the two texts.
- 3) Do you [redacted] of people with mental health issues?
- 4) Do you think more [redacted] for people with mental health disorders?
- 5) Summarise your discussion.
(Each person summarises one main interesting point discussed).

Writing Task

Summary

Use the two texts (reading and listening) to write a paragraph on 'why [redacted] important'.

Write 150 words:

Reading ANSWERS

Task 3: Headings

Choose a subheading for each paragraph. One title is not needed.

| | | | |
|---|---|---|---------------------------------------|
| 1 | C | A | Most common diagnoses |
| 2 | A | B | The causes of mental health disorders |

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

Listening ANSWERS

2.1 Open Questions

| | | |
|-----|--|---|
| i. | How many people have mental disorders per year in England? | <i>1 in 4</i> |
| ii. | Name 2 of the 4 factors that cause mental health. | <i>1. Genetic 2. Biological ...</i> |

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

MBCT Lecture Transcript





(C. Watts, 2021)

Hello, I'd like to talk to you today about one of the leading treatments for mental health disorders, MBCT, i.e.,. We shall look at exactly what this is a little later in this lecture, as I'd like to start with some important statistics connected to mental health. Mental health is the second largest health burden in...

THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION...

Appendix: PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

| | |
|---|--|
| <h3>Mental Health</h3>  <ul style="list-style-type: none"> • MBCT: Mindfulness-Based Cognitive Therapy. • Second largest health burden. • Anxiety and depression. • All ages, genders, cultures and socioeconomic status. • Cost: billions per year. • Health care & social services. <p><small>AE Academic English UK</small></p> | |
| <h3>M.B.C.T</h3> <ul style="list-style-type: none"> • Mindfulness-Based Cognitive Therapy. • Buddhist traditions. • Jon Kabat-Zinn (University of Massachusetts). • <i>Free themselves from their own negative patterns of behaviour.</i>  <p><small>AE Academic English UK</small></p> | |
| <h3>C.B.T</h3> <ul style="list-style-type: none"> • Cognitive Behavioural Therapy. • Dr Aaron T Beck (University of Pennsylvania). • <i>Our thoughts influence our feelings which influence our behaviour.</i> <p>MBCT</p> <ul style="list-style-type: none"> • <i>Mindfulness techniques of meditation, breathing & stretching exercises with CBT.</i>  <p><small>AE Academic English UK</small></p> | |
| <h3>Conclusion</h3> <p>So does it work?</p> <p>Research <small>(MHFA, 2020)</small></p>  <ul style="list-style-type: none"> • Anxiety & depression. • Recurring depression. • Individuals learn to manage themselves. <p><small>AE Academic English UK</small></p> | |