

LISTENING – TAPESCRIPT

FIVE STRATEGIES TO REGULATE YOUR EMOTIONS

You will hear a psychologist talk about five strategies to help you regulate your emotions.

Emotions are a vital part of our everyday lives. Whether you're having a good laugh over a text message or feeling frustrated in rush hour traffic, you know that the highs and lows you experience can significantly affect your well-being. Your ability to regulate those emotions, in turn, affects how you're perceived by the people around you. Let's discuss five strategies that will help you regulate your emotions and get prepared for certain situations ahead of time.

1. Avoid situations that trigger unwanted emotions. If you know that you're most likely to get angry when you're in a hurry, then don't leave things for the last minute. Get out of the house or office 10 minutes before you need to and you won't be bothered so much by pedestrians, cars, or slow elevators. Similarly, if there's an acquaintance you find completely annoying, then figure out a way to keep from bumping into that person.

2. Perhaps the emotion you're trying to reduce is *disappointment*. You are always hoping, for example, to serve the perfect meal for friends and family, but invariably something goes wrong because you've aimed too high. Modify the situation by finding recipes that are within your range of ability so that you can pull off the meal. You may not be able to construct an ideal exotic meal, but you will manage a meal that is less complicated.

3. Let's say that you constantly feel inferior to the people around you who always look great. You are at the gym and can't help but notice the regulars on the weight machines who manage to lift three times as much as you can. Drawn to them like a magnet, you can't help but watch with wonder and envy at what they're able to accomplish. Shifting your focus away from them and onto your gym friends with equal abilities will help you feel more confident about your own abilities. Even better, focus on what you're doing, and in the process, you'll eventually gain some of the strength you desire.

4. Change your thoughts. At the core of our deepest emotions are the beliefs that drive them. You feel sad when you believe you have lost something, and happy anticipation when you believe something good is coming your way. By changing your thoughts, you may not be able to change the situation but you can at least change the way you believe the situation is affecting you. In cognitive reappraisal, you replace thoughts that lead to unhappiness with thoughts that lead to joy or contentment instead.

5. If all else fails, and you can't avoid the situation, modify or shift your response. If that emotion comes pouring out, the final step in emotion regulation is to get control of your response. Your heart may be beating out a steady drumroll of unpleasant sensations when you're made to be anxious or angry. Take deep breaths and perhaps close your eyes in order to calm yourself down. Similarly, if you can't stop laughing when everyone else is serious or sad, gather your inner resources to change your facial expression, if not your mood.

A N S W E R K E Y

READING (1 point is awarded only if both completed words within a statement are correct):

1. blemishes
 2. stereotypes
 3. avoided
 4. stigma theory
 5. religious, medical (in either order)
 6. disgrace
 7. imperfections
 8. tribal
 9. generalize/generalise
 10. human
- 10 points

VOCABULARY:

- 1.C
 - 2.B
 - 3.A
 4. forthcoming / upcoming
 5. noticeboard
 6. withdraw
 7. replacement
 8. volunteers
 9. refreshment
 10. admittance
- 10 points

GRAMMAR:

1. As/Along
 2. Unlike
 3. each
 4. being
 5. from
 6. which
 7. Although/While
 8. across / throughout
 9. By
 10. both
 11. with
 12. advertise for someone to share
 13. appreciate your helping
 14. guarantee to reply
 15. restrain from
- 15 points

LISTENING (a point is awarded for each correctly placed letter – letter x is not considered)

1. H
 2. I
 3. E
 4. B
 5. F
- 5 points
40 points

PICTURE – STORY

Based on the pictures below, **discuss** individual responsibility and the necessity of teamwork in the two professions reflected in the pictures.



R O L E – P L A Y

STUDENT:

Your friend has just arrived an hour late for dinner. He/she did not telephone to let you know that he/she would be detained. This is not the first time he/she has done something like this. You can name other examples of such behaviour. You feel that your friend is not responsible enough for you to be able to rely on him/her. You need to talk to him/her about this.

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TEACHER:

You are an easy-going person. You have a friend whom you like very much. But very often you are not punctual and you don't keep your promises, which irritates him/her too much. Once again, you've arrived late for dinner. It seems the two of you will have a talk about the quality of your relationship.

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