

# Phrasal Verbs: Mental Health & Emotional Resilience

Intermediate (B1–B2)



## WARM UP

**Part 1. Discuss the following questions.**

1. Are you someone who tends to **bottle up** your feelings or **open up** to others?
2. What helps you **calm down** when you're stressed?
3. Have you ever felt **burnt out** at work or school?

## READING ACTIVITY

**Part 1. Read the following dialogue carefully.**

**Emma:** I used to **bottle up** everything — stress, sadness, even anger. Eventually, I **shut down** emotionally.

**Liam:** That sounds tough. Did something change?

**Emma:** Yeah, I **broke down** one evening after work and just cried. After that, I decided to **open up** to a therapist.

**Liam:** Good for you. I find that talking helps me **calm down** and see things more clearly.

**Emma:** Definitely. It's not easy, but I've started to **cheer up** again. I'm finally **getting over** the worst of it.

**Liam:** That's great. Just be careful — **burning out** is no joke.

## Part 2. Answer the comprehension questions.

1. What did Emma use to do with her emotions?
2. What happened one evening after work?
3. What decision did Emma make about her mental health?
4. How does talking help Liam?
5. What is Emma starting to do now?

## DEFINITION MATCHING

**Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?**

Bottle up

Open up

Calm down

Burn out

Cheer up

Break down

Shut down

Get over

1. \_\_\_\_\_ to stop feeling strong emotions and become more relaxed
2. \_\_\_\_\_ to become too tired or emotionally exhausted from overwork
3. \_\_\_\_\_ to stop talking or responding emotionally
4. \_\_\_\_\_ to recover from something difficult
5. \_\_\_\_\_ to suddenly lose control of emotions and cry or collapse
6. \_\_\_\_\_ to become happier
7. \_\_\_\_\_ to hide or suppress emotions
8. \_\_\_\_\_ to begin to talk honestly about how you feel



## COLLOCATION MATCHING

**Part 1. Match the phrasal verbs with what they often collocate with.**

Bottle up	Open up	Burn out
Break down	Shut down	Get over

1. \_\_\_\_\_ emotions / feelings
2. \_\_\_\_\_ heartbreak / illness
3. \_\_\_\_\_ emotionally / completely
4. \_\_\_\_\_ about personal struggles
5. \_\_\_\_\_ crying
6. \_\_\_\_\_ from work / responsibilities

## SENTENCE TRANSFORMATION

**Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.**

Bottle up	Open up	Calm down	Burn out
Cheer up	Break down	Shut down	Get over

1. He became emotionally numb and stopped responding.
2. I want to feel better after the breakup.
3. She's been extremely stressed and exhausted lately.
4. I always feel better after I express my feelings.
5. You should try to relax and think clearly.
6. He cried in the meeting yesterday.
7. Don't keep your sadness inside.
8. This message made me smile again.

## SENTENCE GAP-FILL

**Part 1. Use the correct form of the phrasal verb in brackets to complete each sentence.**

1. I wish you \_\_\_\_\_ (calm down) before shouting like that — it was completely unnecessary.
2. She \_\_\_\_\_ (bottle up) her emotions for years before finally talking to someone.
3. He was exhausted and irritable because he \_\_\_\_\_ (burn out) after working two jobs.
4. I know it's hard, but you really need to \_\_\_\_\_ (get over) what happened and move on.
5. I couldn't believe it — she suddenly \_\_\_\_\_ (break down) in the middle of the interview.
6. You should \_\_\_\_\_ (open up) about how you're feeling instead of pretending everything's fine.
7. He \_\_\_\_\_ (cheer up) a bit since starting therapy, hasn't he?
8. Whenever we argue, she just \_\_\_\_\_ (shut down) emotionally and won't say a word.

## SPEAKING

**Part 1. Talk about a time you faced emotional stress. Use at least five of the target phrasal verbs in your discussion.**

Bottle up

Open up

Calm down

Burn out

Cheer up

Break down

Shut down

Get over

You can mention:

- What caused it
- How you handled your emotions
- Who helped you
- What you learnt

