

Collocations: Mental Health & Emotional Resilience

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What does good mental health mean to you, and how do you take care of it?
2. In your opinion, what helps a person build resilience in difficult times?

DEFINITION MATCHING

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

Feelings

Resilience

Support

Vulnerability

Breakdown

Stress

Burnout

Stability

1. _____ the ability to recover quickly from difficulties
2. _____ emotional or practical help from others
3. _____ overwhelming mental or emotional exhaustion from long-term stress
4. _____ a period of mental or emotional collapse
5. _____ the capacity to remain balanced and steady emotionally
6. _____ emotional openness that can expose you to being hurt
7. _____ emotional states such as sadness, anger, or joy
8. _____ mental or emotional pressure caused by challenging situations

COLLOCATION MATCHING

Part 1. Match the verbs/adjectives with the correct nouns to form a collocation.

Feelings

Resilience

Support

Vulnerability

Breakdown

Stress

Burnout

Stability

1. cope with _____
2. build _____
3. experience _____
4. seek _____
5. show _____
6. suppress _____
7. emotional _____
8. mental _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Cope with stress

Build resilience

Experience burnout

Seek support

Show vulnerability

Suppress feelings

Emotional stability

Mental breakdown

1. Breathing and relaxation exercises can help you feel calmer and _____.
2. Many people _____ during long periods of high-pressure work.
3. Practising mindfulness can help you _____ and manage anxiety.
4. Don't be afraid to _____ – asking for help is a sign of strength.
5. She tried to _____ her _____, but eventually they surfaced in unhealthy ways.
6. He values emotional intelligence and encourages people to _____.
7. Over time, he's managed to recover from a _____ through therapy and reflection.
8. After the crisis, she struggled to regain _____.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

1. He recovered quickly after losing his job.
2. She was emotionally exhausted from working non-stop.
3. I try not to hide how I feel anymore.
4. He asked for help from a therapist.
5. She tries to stay calm and balanced in stressful situations.
6. He manages difficult situations well without becoming overwhelmed.
7. He showed his emotions openly during the meeting.
8. After several weeks of overwhelming pressure, she completely lost control emotionally.

TENSE CHALLENGE

Part 1. Use the correct form of the collocation in brackets to complete each sentence.

1. I _____ (cope with stress) much better since I started daily meditation.
2. She _____ (build resilience) for years through journaling and therapy.
3. They _____ (experience burnout) last year after working 80-hour weeks.
4. He _____ (seek support) from friends whenever he feels overwhelmed.
5. I wish I _____ (show vulnerability) instead of pretending to be fine.
6. She admitted she _____ (suppress feelings) since her childhood.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. What helps you personally **cope with stress**?
2. What are some ways people can **build resilience** over time?
3. Do you know anyone who has **experienced burnout**? What caused it?
4. Why do some people hesitate to **seek support** when they need it?
5. Is it easy for you to **show vulnerability**? Why or why not?
6. Have you ever **suppressed** your **feelings** in a difficult situation?
7. How can someone maintain **emotional stability** during uncertain times?
8. What kind of situations could cause a **mental breakdown**?

