

Teacher's guide

Collocations: Mental Health & Emotional Resilience – Intermediate (B1-B2)



Canva Presentation Link: [Collocations: Mental Health & Emotional Resilience \(Updated\)](#)

Editable Presentation Link: [Collocations: Mental Health & Emotional Resilience \(Updated\)](#)

Editable Worksheet Link:

[Student Worksheet: Collocations: Mental Health & Emotional Resilience \(Updated\)](#)

Warm-up discussion

Part 2. Students read the short scenarios and choose the option that is closest to them. Encourage students to explain their choices.

Part 2. Students discuss the questions.

Vocabulary & speaking

Part 1. Students match each collocation to its correct meaning.

Answer key:

1. Seek support
2. Mental breakdown
3. Suppress feelings
4. Cope with stress
5. Experience burnout
6. Build resilience
7. Show vulnerability
8. Emotional stability

Part 2. Students discuss the questions.

Part 3. Students use the collocations to complete the sentences. Students then discuss which sentence they most relate to.

Answer key:

1. cope with stress
2. show vulnerability
3. experience burnout
4. build resilience
5. seek support
6. suppress feelings
7. emotional stability
8. mental breakdown

Reading activity

Part 1. Students read Amir's story and underline the target collocations. Then, students answer the questions.

Answer key:

1. He lost his job and felt isolated.

2. He focused on self-care, sought support, and stopped suppressing feelings.
3. Open discussion.

Part 2. Students create a “Resilience Toolkit” — five realistic actions that can help people handle stress and stay strong using at least three collocations from today’s lesson.

Example:

- “Show vulnerability – open up to a trusted friend.”
- “Build resilience – challenge yourself in small ways.”

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write about a time they faced a challenge and grew stronger because of it.

Encourage students to include at least five collocations from today’s lesson.

They could describe:

- What happened
- How they felt
- What helped them recover
- What they learned about themselves.