



## Teacher's guide

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

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

## Warm-up

**Part 1.** Students discuss the questions.

## Definition matching

**Part 1.** Students match each word to its correct definition.

### Answer key:

1. Resilience
2. Support
3. Burnout
4. Breakdown
5. Stability
6. Vulnerability
7. Feelings
8. Stress

## Collocation matching

**Part 1.** Students match the verbs/adjectives with the correct nouns to form a collocation.

### Answer key:

1. Stress
2. Resilience
3. Burnout
4. Support
5. Vulnerability
6. Feelings
7. Stability
8. Breakdown

## Sentence gap-fill

**Part 1.** Students complete the sentences using the correct collocations.

### Answer key:

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

## Sentence transformation

**Part 1.** Students rewrite the sentences using the target collocations so that the meaning stays the same.

### **Suggested answers:**

1. He **built resilience** after losing his job.
2. She **experienced burnout** from working non-stop.
3. I try not to **suppress my feelings** anymore.
4. He decided to **seek support** from a therapist.
5. She works on maintaining **emotional stability**.
6. He knows how to **cope with stress**.
7. He wasn't afraid to **show vulnerability** during the meeting.
8. She had a **mental breakdown** after several weeks of overwhelming pressure.

## Tense challenge

**Part 1.** Students use the correct form of the collocation in brackets to complete each sentence.

### **Answer key:**

1. I **have been coping with stress** much better since I started daily meditation.
2. She **had been building resilience** for years through journaling and therapy.
3. They **experienced burnout** last year after working 80-hour weeks.
4. He **seeks support** from friends whenever he feels overwhelmed.
5. I wish I **had shown vulnerability** instead of pretending to be fine.
6. She admitted she **had been suppressing her feelings** since her childhood.

## Speaking

**Part 1.** Students answer the questions using the target collocations.