

Collocations: Mental Health & Emotional Resilience

Intermediate (B1-B2)



WARM-UP DISCUSSION

Part 1. Read the short scenarios below. What's your natural first reaction? Choose the option that's closest to you, then explain why.

You make a big mistake at work or school.

→ Laugh it off / Panic / Try to fix it quickly / Pretend it didn't happen

A friend cancels plans when you really needed company.

→ Feel disappointed / Understand / Get angry / Ignore it

You've been working too hard and feel exhausted.

→ Push through / Rest / Complain / Take a break

You get unexpected criticism.

→ Feel hurt / Reflect calmly / Argue back / Ask for feedback

You're scrolling social media and feel overwhelmed.

→ Keep scrolling / Tune out / Message a friend / Go outside

Part 2. Discuss the following questions.

1. Which reactions from the previous activity help you the most in the long run?
2. Do you think you're good at coping with stress? Why or why not?

VOCABULARY & SPEAKING

Part 1. Match each collocation to its meaning.

Cope with stress	Build resilience	Experience burnout	Emotional stability
Seek support	Show vulnerability	Suppress feelings	Mental breakdown

- _____ reach out to others for help or comfort
- _____ completely lose the ability to function due to stress
- _____ avoid showing or expressing emotions
- _____ find healthy ways to handle difficult emotions or pressure
- _____ become mentally or physically exhausted from overwork
- _____ learn to recover from challenges over time
- _____ talk honestly about emotions or ask for help
- _____ stay calm and balanced, even when things are hard

Part 2. Discuss the following questions.

- Which of these ideas do you find hardest to do?
- Which ones could make your life a bit easier if you practised them more often?

Part 3. Use the collocations to complete the sentences. Which sentence feels most true for you?

- When I feel overwhelmed, I try to _____.
- It's brave to _____ instead of hiding emotions.
- If you never rest, you might _____.
- Exercise and journaling can help you _____.
- Sometimes we need to _____ from people we trust.
- It's unhealthy to _____ for too long.
- I admire people who can maintain _____ in difficult moments.
- After constant pressure, some people experience a _____.

READING ACTIVITY

Part 1. Read Amir’s story and underline the target collocations.

Last year, Amir lost his job unexpectedly. At first, he felt completely defeated and isolated. But instead of giving up, he decided to focus on self-care and slowly built resilience. He started to seek support from close friends and joined a community running group. Over time, he learned to cope with stress and stopped trying to suppress his feelings. He still has difficult days, but he’s proud of his emotional stability and ability to stay grounded.

- 1.What challenges did Amir face?
- 2.What actions helped him recover?
- 3.Do you know anyone who has shown this kind of resilience?

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

Cope with stress	Build resilience	Experience burnout	Emotional stability
Seek support	Show vulnerability	Suppress feelings	Mental breakdown

Strategy	Why it helps
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Discuss: Which strategies are the most effective in real life?

REFLECTION

Discuss the following questions

1. What have you learned about resilience today?
2. How do you personally cope with stress or build resilience?
3. What's one small thing you could do to take care of your mental health this week?
4. Which phrase or idea from this lesson will you remember?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write about a time you faced a challenge and grew stronger because of it.

Include at least five collocations from today's lesson.

You could describe:

- What happened
- How you felt
- What helped you recover
- What you learned about yourself.

