



DEPRIVE OF not FROM

Don't say: Afro-americans used to be deprived from their freedom.

Say: Afro-americans used to be **deprived of** their freedom.

DISAPPOINTED BY, ABOUT, AT not FROM

Don't say: Filip was disappointed from the low mark he got.

Say: Filip was **disappointed by/about/at** the low mark he got.

5 WAYS HOW TO FIGHT DEPRESSION

Do you feel depressed? Do something about it!



1. **Exercise** - take a 15- to 30-minute brisk walk every day or do any other exercise
2. **Nurture yourself with good nutrition** – food influences a person's mood and energy, don't forget about vitamins especially vitamin B and C.
3. **Identify trouble, but don't dwell on them** - when you know what's got you feeling blue and why, talk about it with a caring friend.
4. **Express yourself** – do something that you like or makes you laugh
5. **Look on the bright side** - consider your strengths and gifts, be patient with yourself and don't be too hard on yourself.

VOCABULARY BUILDING



brisk – energický, svižný

nurture – pečovat, starat se

mood - nálada

forget about – zapomenout na

dwell on – zabývat se

feeling blue – být smutný

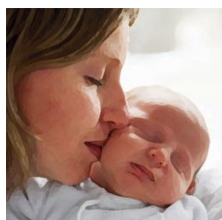
caring - starostlivý

(something, somebody) makes you laugh – (někdo, něco) vás rozesměje

be hard on oneself – být na sebe příliš tvrdý

QUIZ: TEST YOUR KNOWLEDGE

Choose a correct word for each blank:



brisk – mood – caring – make laugh – feeling blue

1. Good to see you smile, you must be in a good _____ today.
2. You are back already? That was very _____ .
3. She looks after her children very well. She is a _____ mother.
4. Tell me, what _____ ? A good joke?
5. You look very sad. Are you _____ today?

KEY: 1. mood, 2. brisk, 3. caring, 4. makes you laugh, 5. feeling blue
