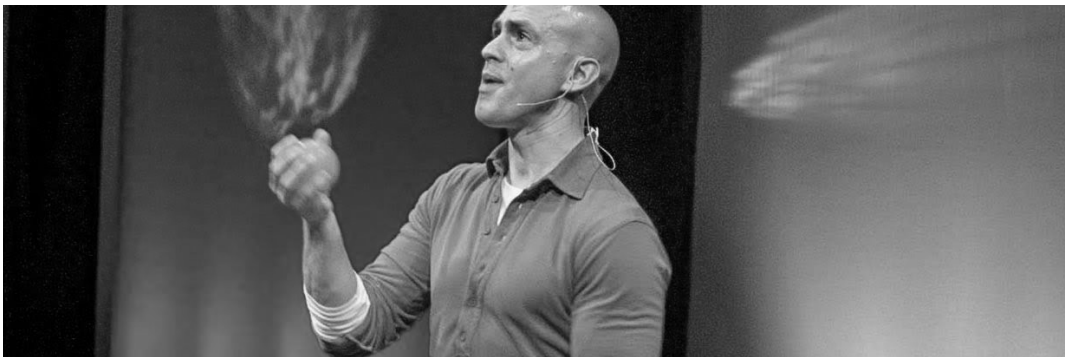


BEFORE YOU WATCH 2

Put the examples in the correct columns.

getting rid of emotions controlling the mind being lost in thought
judging emotions seeing thoughts coming and going focusing the mind
 appreciating the present moment

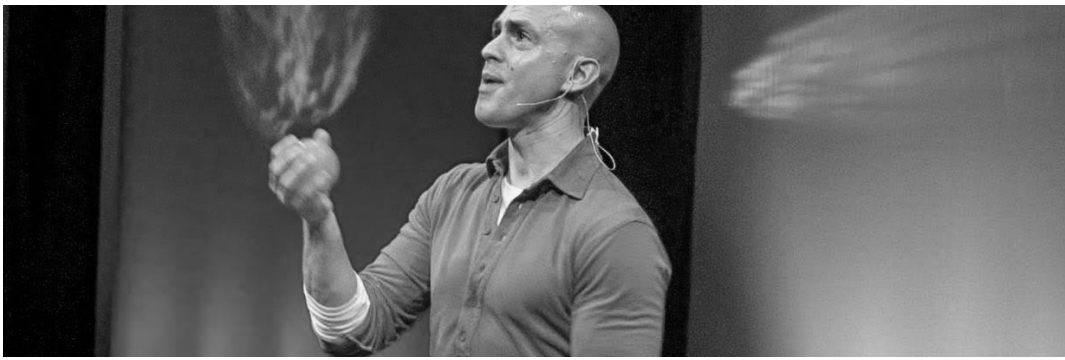
Mindfulness is...	Mindfulness is not...



VOCABULARY 1

Match the sentence halves. Pay attention to the words in **bold**.

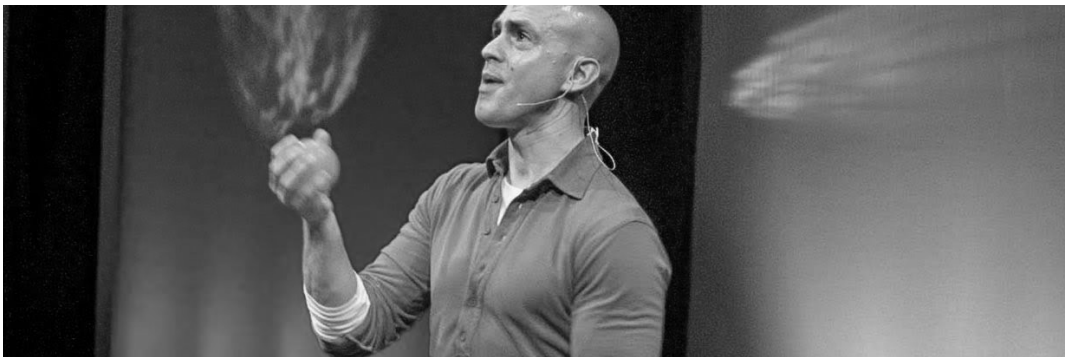
- | | |
|--|--|
| 1. I'm not able to juggle because I can't | a. to be familiar with the present moment. |
| 2. If you practice meditation , you learn | b. be a man, and make certain vows. |
| 3. I used to feel confused about everything, but | c. I'm inundated with projects right now. |
| 4. When you stop and witness your thoughts, | d. focus on more than one thing in the air! |
| 5. Sorry, I can't go to the party because | e. you are being mindful . |
| 6. If you want to become a monk , you have to | f. now I have clarity . |



VOCABULARY 4

Match each of Andy Puddicombe's figurative expressions with its meaning.

- | | |
|--|---|
| 1. The mind whizzes away like a washing machine ... | a. distracted; unaware of your surroundings |
| 2. I assumed that it was just an aspirin for the mind ... | b. giving all your attention to one thing |
| 3. Some people will bury themselves in work ... | c. going in circles mechanically; spinning |
| 4. I mean not being lost in thought ... | d. a kind of cure for something |



GRAMMAR 3

Unscramble the words to make cleft sentences.

1. the / is / myself / person / most / on / I / rely

2. need / is / what / a / I / break / really

3. Peter / who / was / helped / me / it

4. what / was / me / struck / silence / the / most

5. Main / Street / you'll / the / find / hotel / on / me / where / is

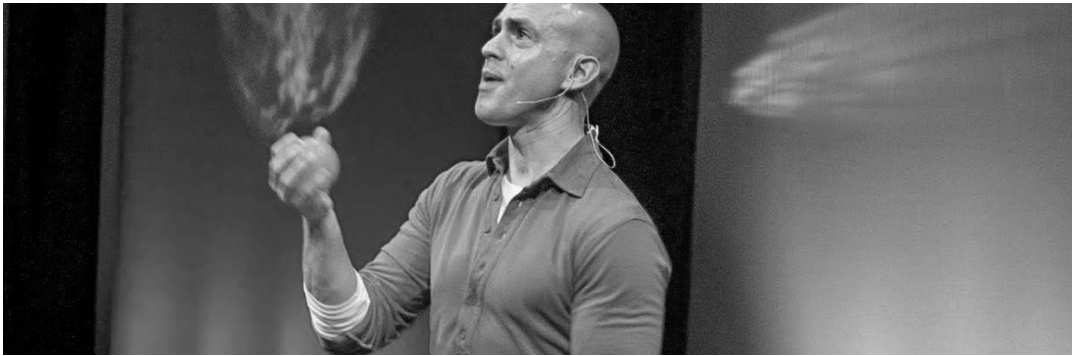
6. that / the / you / started / when / trouble / it / was / left



SPEAKING 1

Choose the correct words to complete the text about contrastive stress.

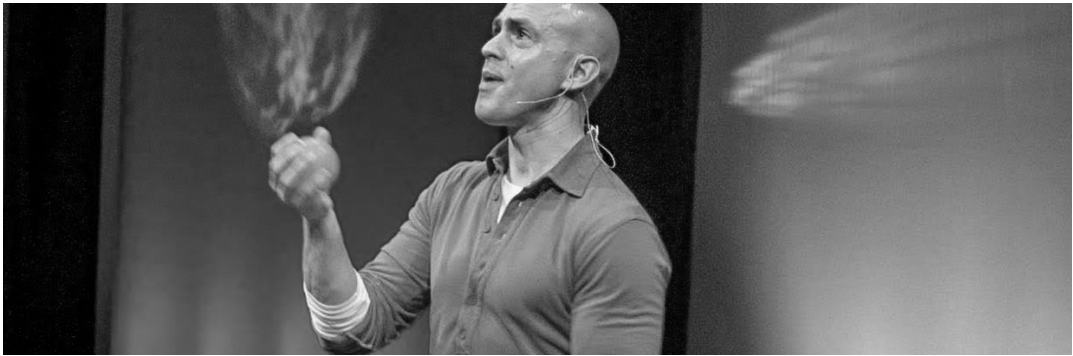
Contrastive stress is a type of *sentence / word* stress. It stresses *lots / pairs* of words to emphasize the contrast, or the *similarity / difference*, between them. Sometimes we use contrastive stress when information has been misunderstood. It gives us a way to let the *speaker / listener* know which point they misunderstood, and also to draw their attention to the *correct / wrong* information. So, when we use contrastive stress, we stress more *than / only* one word. In his talk, Andy Puddicombe uses contrastive stress to help us understand what mindfulness is, and what it might *be / is* not.



DISCUSSION 2

Work with a partner. Share your ideas from the previous activity

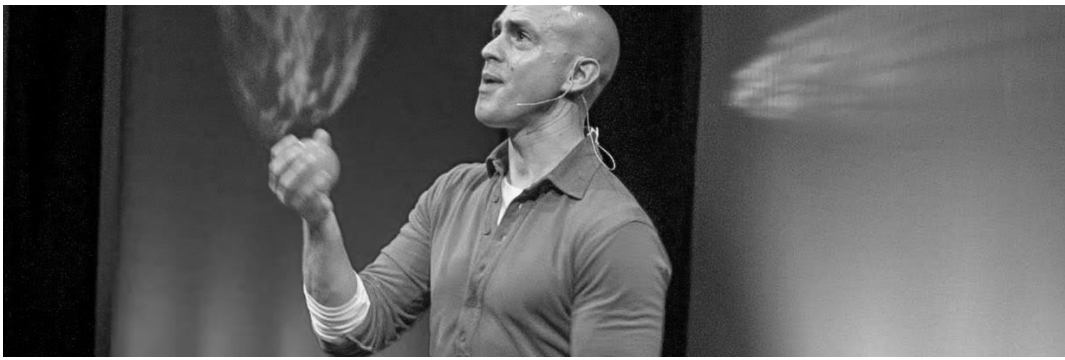
Remedy	Prevention



DISCUSSION 5

Share your ideas from the previous activities with the class. Use the mind map to structure your discussion.

Why does mind-wandering cause unhappiness?	Why do our minds wonder?	Mind-wandering thoughts include...



PROJECT

Research and prepare a short presentation on positive ways of dealing with stress. Use the questions below to structure your ideas. Your presentation should not be longer than two minutes.

What are the main causes of stress today?

What effect does stress have on most people?

What are some of the negative ways of dealing with stress?

What positive ways can you suggest for dealing with stress?
