



APEX ENGLISH

Your voice. Global.

B2 · GENERAL ENGLISH

UNIT 2 · 2B

Mental fitness

Theme · Mind & Body

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Mental fitness

Theme: Mind & Body



Learning objectives

- Use modals of obligation, prohibition and advice with confidence (must, have to, should, ought to, had better, mustn't, don't have to).
- Talk about stress, emotions and coping strategies with precise vocabulary.
- Give kind, useful advice — and receive it without becoming defensive.
- Recognise and produce natural weak forms of modal verbs.

Ask the teacher — notes to bring to class



Class Book

Warm-up · the stress thermometer

Look at the six situations below. Quickly rate each from 1 (no stress) to 5 (full panic) for YOU personally. There are no right answers — just be honest. Then compare with a partner: who has the higher thermometer, and why?

- 1 · calm
- 2 · meh
- 3 · tense
- 4 · stressed
- 5 · panic

Speaking English on the phone to someone you've never met.

Opening an email from your boss at 9pm on a Friday.

Being twenty minutes late to something important.

A whole weekend with absolutely nothing planned.

Public speaking in front of fifty people.

Going somewhere new without GPS or a charged phone.

followUp: Which situation surprised you about your partner? Whose thermometer is calmer? What does that say about you both?

Lead-in: agony aunt mailbox

Four short letters have arrived in the class advice column. In pairs, read them all, then choose ONE to answer. Write 2–3 sentences of advice using modals (should, ought to, must, had better, don't have to...). We'll read the best answers aloud.

1. **from:** Tired in Tokyo · **body:** My team keeps adding me to evening calls because of the time zone. I'm exhausted and resentful, but I'm scared to say no. What should I do?

2. **from:** Bored on Sundays · **body:** Mondays are fine, but every Sunday afternoon I get this heavy, sad feeling and I scroll on my phone for hours. It's been months. Is this normal?

3. **from:** Worried friend · **body:** My best friend never stops working. He skips lunch, replies to emails at midnight, and laughs when I ask if he's OK. He says he's 'fine, just busy'. I don't believe him.

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4. **from:** Overthinking everything · **body:** I replay every awkward thing I've said for years. A bad word choice in 2019 still keeps me up at night. How do I stop?

followUp: After writing, swap with another pair. Which piece of advice felt kindest? Which felt most useful? Are those the same thing?

Reading: Mental fitness is a verb

We've all been raised on the idea of physical fitness — squats, steps, sweat. Mental fitness, on the other hand, sounds like something fragile that lives in a self-help book. But the science is changing that, fast. Researchers now describe the mind less as a delicate machine and more as a muscle: something you train, slowly, on purpose.

"You don't have to meditate for an hour a day to be mentally fit," says Dr. Hana Olsen, a clinical psychologist in Copenhagen. "You ought to do small, boring things, consistently. Sleep on time. Talk to one human a day who isn't a screen. Notice when you're catastrophising and label it."

The most surprising finding? Tiny acts of self-honesty matter more than dramatic ones. People who quietly admit, 'I'm not OK today,' recover faster than those who power through. "You mustn't wait until you collapse to ask for help," Olsen warns. "By that point, you've already paid interest on a loan you didn't need to take."

So what's the floor — the absolute minimum? Olsen smiles. "Three things. You should sleep enough, move a little every day, and talk to someone real before bed. That's it. Everything else is bonus."

1. How does the article suggest we should think about the mind?
 - (A) As a delicate machine that breaks easily.
 - (B) As a muscle that needs regular training.
 - (C) As a magical talent some people are born with.
2. According to Dr. Olsen, what matters more than dramatic action?
 - (A) Long meditation sessions.
 - (B) Tiny acts of self-honesty done consistently.
 - (C) Expensive therapy.
3. What does Olsen say is the 'absolute minimum' for mental fitness?
 - (A) Eight hours of sleep and a gym membership.
 - (B) Sleep enough, move a little, talk to someone real.
 - (C) Daily meditation, journaling and therapy.
4. The phrase "paid interest on a loan you didn't need to take" means...
 - (A) you've made things much worse than they had to be
 - (B) you owe money to a friend
 - (C) you should always borrow money carefully

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Vocabulary in context

Find these in the text and match them to the closest meaning.

raised on — brought up to believe / get used to from childhood

power through — force yourself to keep going despite difficulty

catastrophising — imagining the worst possible outcome

the floor — the minimum acceptable level

self-honesty — telling yourself the truth about how you feel

label it — give a name to something so you can work with it

Vocabulary: stress, emotions & coping

beleaguered — feeling there's too much to handle at once

spent — exhausted by long-term stress

edgy — tense, easily startled or irritated

inundated — buried in work or tasks

drained — continuing with no energy left

apprehensive — worried, often without a clear cause

despondent — feeling low or sad for a while

exasperated — tired of a situation, frustrated

set boundaries — decide clearly what you will and won't accept

unwind — stop thinking about work / disconnect

vent — express strong feelings out loud to release them

confide — contact someone for help or connection

detach — pause to get perspective

self-care — looking after your own wellbeing on purpose

weather — manage / deal with something difficult

decompress — release stress through activity or expression

practice

Complete the sentences with **ONE** word/phrase from above (correct form).

1. I've got three deadlines this week. I'm completely ____.

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2. She's been working seven days a week — she's totally ____.

3. I really need to ____ on weekends. My laptop stays closed.

4. Sorry I'm snappy. I've been ____ all morning waiting for results.

5. If you're struggling, please ____ in a friend. You don't have to do this alone.

6. I just need to ____ for ten minutes — can I tell you about my day?

7. You've got to learn to ____ with your boss, or this will continue.

8. After work I go for a run; it's how I ____.

Practice 2 — collocations & rewrite

Rewrite each sentence replacing the underlined phrase with ONE word from this lesson's vocabulary. Keep the meaning identical.

1. After the third crisis this week, the team felt <u>completely overwhelmed by problems</u>.

2. She grew <u>low and sad</u> after months of bad news.

3. He was <u>tired and frustrated</u> with the constant delays.

4. I try to <u>step back and get some perspective</u> before replying angrily.

5. They managed to <u>get through the difficult period</u> together.

Practice 3 — discursive writing

prompt: Discuss the coping strategies people use to protect their mental fitness during stressful periods.

Use at least FOUR of the target words from this unit.

Include one indirect question and one negative question.

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Aim for a reflective, cohesive C1 register.

sample: By the middle of the project, the whole team looked beleaguered: emails piled up, deadlines shifted overnight, and even the most patient colleagues grew exasperated at the smallest delay. I remember feeling quietly despondent, wondering whether anything would ever calm down. What helped, in the end, wasn't a single dramatic change but a handful of small habits: learning to detach for ten minutes at lunchtime, walking outside without my phone, and reminding myself that self-care isn't indulgent — it's maintenance. Somehow we weathered that month, and looking back, I'm proud not of how hard we worked but of how honestly we admitted when we were struggling. Isn't it odd how asking for help feels harder than doing the actual work? If I could tell my earlier self one thing, it would be exactly that.



Grammar focus: modals of obligation, prohibition & advice

1. Strong obligation — MUST / HAVE TO — Use **MUST** when the obligation feels personal/internal, or for strong rules you accept. • I must sleep more this week. (my own decision) Use **HAVE TO** when the obligation comes from outside (rules, jobs, parents). • I have to wear a uniform at work. In practice, **HAVE TO** is far more common in conversation than **MUST**.

2. Prohibition vs. no obligation — MUSTN'T vs. DON'T HAVE TO — These two look similar but mean very different things: • You **MUSTN'T** tell anyone. → It's forbidden. Don't do it. • You **DON'T HAVE TO** tell anyone. → It's not required, but you can if you want. Learners often confuse them — be careful.

3. Advice — SHOULD / OUGHT TO / HAD BETTER — **SHOULD** and **OUGHT TO** are gentle advice (almost interchangeable). • You should call her. = You ought to call her. **HAD BETTER** is stronger — there's a warning or consequence if you don't. • You'd better leave now, or you'll miss the train. In the negative: shouldn't / oughtn't to / had better not (NOT 'hadn't better'). • You shouldn't work weekends. • You'd better not be late again.

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4. Past forms — looking back — • SHOULD HAVE + past participle → looking back at a mistake or regret. – I should have called him. (but I didn't) – You shouldn't have said that. (but you did) • HAD TO + verb → past obligation. – I had to work late yesterday.

Exercise A — must / mustn't / don't have to / have to

Choose the correct modal for each sentence.

1. You ____ tell anyone about the surprise party — it's a secret!

2. I ____ wear a tie at my job; we're really casual.

3. In the UK you ____ drive on the left.

4. I keep falling asleep at my desk. I really ____ go to bed earlier.

5. You ____ use your phone during the exam — instant disqualification.

6. Lucky you! You ____ work this weekend.

Exercise B — kind advice with should / ought to / had better

A friend tells you each problem. Write ONE piece of advice for each. Use a different modal each time (should / ought to / had better / shouldn't).

1. "I haven't been sleeping properly for weeks."

2. "My boss keeps emailing me at midnight."

3. "I'm fighting with my partner about chores again."

4. "I feel down every Sunday afternoon."

5. "I've got an important interview tomorrow and I'm freaking out."

Exercise C — should have / shouldn't have

Use should have or shouldn't have + past participle to express regret or hindsight.

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1. I ate two desserts last night and now I feel awful.

2. She didn't go to the doctor and now it's much worse.

3. He sent a furious email at 1am. He really regrets it.

4. We didn't book the hotel and now everything is full.

5. I said yes to another project and now I'm drowning.

Listening: Ana gives Tom a reality check

Ana notices her colleague Tom looks completely wrecked. She decides to say something. Listen once for the big picture, then again for the details.

Before you listen

What do you predict is making Tom feel so bad?

What kind of advice do you think Ana will give — gentle or tough?

First listen — gist

1. What is the main cause of Tom's stress?

2. What is Ana's overall message?

3. Does Tom accept her advice?

Second listen — detail

1. What's Ana's 'rule number one'?

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2. Who does Ana say Tom ought to talk to?

3. What metaphor does she use about looking after yourself?

4. Name TWO small boundaries Ana suggests.

5. What does Ana say about seeing a doctor?

Ana: Tom, you look wrecked. Are you OK?

Tom: Honestly? Not really. I've been running on empty for weeks.

Ana: Talk to me. What's going on?

Tom: It's work. We're short-staffed, my inbox is a horror film, and I've been answering emails at midnight.

Ana: OK, first thing — you shouldn't be checking work emails after hours. You really shouldn't. That's rule number one.

Tom: I know, I know. But if I don't, the pile just gets worse.

Ana: Look, you don't have to fix everything yourself. You ought to talk to your manager. Seriously.

Tom: She's so busy. I feel guilty even asking.

Ana: Tom. You must take care of yourself first. You can't pour from an empty cup. That's not selfish — that's basic maths.

Tom: When you say it like that...

Ana: And you'd better start setting some boundaries this week, before something snaps. Tiny ones, even.

Tom: Like what?

Ana: Like — no phone at dinner. A proper lunch break. Twenty minutes of walking, no podcast, no scrolling.

Tom: That sounds almost embarrassingly simple.

Ana: That's the point. You don't have to overhaul your life. You just have to stop ignoring the warning lights.

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Tom: Fine. I'll book a chat with my manager tomorrow. And no phone at dinner tonight.

Ana: Good. And one more thing — you really should see a doctor if this keeps up. Burnout is real.

Tom: Deal. Thanks, Ana. I needed someone to say it out loud.

Speaking: the advice clinic (roleplay)

In pairs, take turns. Student A picks a card and plays the person with the problem (add details, exaggerate a little). Student B is the friend giving advice. Use AT LEAST three different modals (must / have to / should / ought to / had better / shouldn't / don't have to). Swap after 3 minutes.

Scene: The over-committer

A: You've said yes to too many things this month: a birthday, a wedding, two work events, helping a friend move. You can't say no.

B: Be the realistic friend. Help them prioritise. Use 'don't have to' a lot.

Scene: The midnight scroller

A: You scroll on your phone in bed until 1am every night. You wake up tired and angry. You've tried everything.

B: Be the no-nonsense friend. Use 'must', 'had better' and 'shouldn't'.

Scene: The toxic friendship

A: Your old friend constantly complains, never asks how you are, and drains your energy. You feel guilty even thinking about distance.

B: Be the kind, honest friend. Use 'ought to', 'should' and 'don't have to'.

Scene: The pre-interview panic

A: You have an interview tomorrow morning for the job of your dreams. You can't sleep and you're rehearsing answers in your head.

B: Be the calm friend. Use 'had better', 'shouldn't' and 'should'.

challenge: ■ Extra point if you naturally use 'should have' or 'shouldn't have' at least once during your roleplay (reflecting on a past mistake).

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Writing mini-task — a letter back

Choose *ONE* of the agony-aunt letters from the lead-in. Write a reply of 60–80 words. Use at least: *TWO* different advice modals (*should / ought to / had better*), *ONE* 'don't have to' or 'mustn't', and *TWO* vocabulary items from today.

Wrap-up · my self-care kit

Build *YOUR* own three-item self-care kit for this week. Be specific — not 'sleep more' but 'phone in another room from 10pm'. Write one item in each card and keep this page.

1. **emoji:** ■ · **label:** ONE thing I'll stop · **prompt:** A habit you'll quit this week (use *mustn't* or *shouldn't*).

2. **emoji:** ■ · **label:** ONE thing I'll start · **prompt:** A tiny new habit you'll begin (use *should* or *ought to*).

3. **emoji:** ■ · **label:** ONE person I'll reach out to · **prompt:** Someone you'll actually message this week (use *had better*).

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Workbook — home practice



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Mental fitness - Workbook

Extra practice for home study · with answer keys

1. Vocabulary - how I'm feeling

Choose the option that best fits each sentence.

1. I've got six deadlines and a sick child. I'm completely ____.
(A) fed up
(B) beleaguered
(C) drowsy
2. Sorry I snapped - I've been ____ all morning waiting for the test results.
(A) edgy
(B) well-rested
(C) switched off
3. She skipped lunch every day for three weeks. She's totally ____.
(A) inundated
(B) spent
(C) fed up
4. I've been ____ with this software for six months and nothing has changed.
(A) exasperated
(B) despondent
(C) apprehensive
5. Whenever I'm stressed I go for a long run - it really helps me ____.
(A) set boundaries
(B) decompress
(C) confide

2. Vocabulary - coping strategies

Complete each sentence with ONE word from the box.

BOX: boundaries · unwind · vent · confide · self-care · detach

1. I just need to ____ for five minutes - can I tell you about my morning?
2. If you're really struggling, please ____ in someone you trust.
3. I take Sundays completely off. It's my non-negotiable ____ day.
4. You have to learn to set ____ with people who drain your energy.
5. I need to ____ properly during my holiday - no work emails.
6. When the meeting got heated, I had to ____ and breathe for a second.

3. Vocabulary - discursive writing

Discuss the importance of 'decompressing' and setting 'boundaries' for maintaining mental fitness in high-stress careers.

Checklist:

- ☐ Use at least 4 mental-fitness vocabulary items
- ☐ Maintain a formal, discursive register

- [] Use cohesive devices to link your arguments
- [] Check for varied C1-level grammatical structures

[illegible]

4. Grammar - must / mustn't / don't have to / have to

Choose **ONE** option to complete each sentence correctly.

1. You ____ smoke in here - there are signs everywhere.
(A) don't have to
(B) mustn't
(C) shouldn't
2. It's Saturday! You ____ wear a suit.
(A) mustn't
(B) don't have to
(C) must
3. I keep arriving late. I really ____ get a new alarm.
(A) must
(B) don't have to
(C) mustn't
4. In Portugal, you ____ stop at red lights, even on a bike.
(A) have to
(B) don't have to
(C) shouldn't
5. Hospital rule: you ____ use your phone in the ICU.
(A) don't have to
(B) mustn't
(C) have to
6. Lucky you - you ____ work this weekend!
(A) mustn't

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- (B) have to
- (C) don't have to

5. Grammar - should, ought to, had better

Rewrite each sentence using the modal in CAPITALS. Keep the meaning the same.

1. It's a good idea for you to call your mother. (OUGHT)
2. If you don't leave now, you'll miss the train. (BETTER)
3. It's not a good idea to drink coffee at 10pm. (SHOULD)
4. Honestly, my advice is to apologise. (OUGHT)
5. Don't be late again - it'll cause real problems. (BETTER)
6. It would be a really good idea to see a doctor. (SHOULD)

6. Grammar - looking back with should have / shouldn't have

Rewrite each sentence as a regret/reflection using should have or shouldn't have + past participle.

1. I didn't book the hotel and now everything is full.
2. He sent that email at 1am. He really regrets it.
3. She didn't listen to her doctor and now it's worse.
4. I said yes to a fifth project and now I'm drowning.
5. We didn't tell them the truth from the start.

7. Grammar - find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. You hadn't better tell her.
2. She musts to leave early today.
3. You don't must touch that - it's hot!
4. I should have went to bed earlier.
5. He shouldn't to drink so much coffee.

8. Reading - true / false / not given

Read the short text, then mark each statement T (true), F (false) or NG (not given).

For three years Marco worked sixty-hour weeks at a consultancy in Madrid. "I told myself I was thriving," he says. "Honestly? I was running on empty." The first warning was small - he started snapping at colleagues over tiny things. Then he stopped sleeping. By month thirty, he was crying in client meetings he couldn't even remember booking. His doctor was blunt: he had to take three months off and seriously rethink his life. Marco resisted at first - "I'm not someone who burns out" - but eventually he agreed. Today he runs a small consulting practice from a village near Toledo, with a strict 5pm finish. "I should have listened to my body two years earlier," he admits. "The signs were all there. I just thought they didn't apply to me."

1. Marco worked for a consultancy in Madrid for three years. [T / F / NG]
2. He initially recognised the signs of burnout as serious. [T / F / NG]
3. His doctor recommended three months off. [T / F / NG]
4. Marco's family helped him decide to take time off. [T / F / NG]

5. He now runs his own small consultancy. [T / F / NG]
6. He regrets not paying attention to early warning signs. [T / F / NG]

9. Writing - guided task

Write 60-80 words of advice to someone who says: "I work from home and I can't switch off. I'm exhausted but I keep checking my laptop in the evening." Include: (a) TWO advice modals (should / ought to / had better), (b) ONE "don't have to" or "mustn't", (c) TWO vocabulary items from this lesson.

Checklist:

- [] 60-80 words
- [] TWO different advice modals (should / ought to / had better)
- [] ONE 'don't have to' or 'mustn't'
- [] TWO vocabulary items from Lesson 2B
- [] Kind, useful tone

This image shows a blank sheet of white paper with horizontal blue ruling lines. On the left side, there are short vertical blue lines that serve as margins, creating a series of narrow columns. The paper is otherwise empty of any text or markings.

10. Audio: Listening - gist & detail

Play the coaching session once for gist, then again for detail. (Wellness coach Maya is meeting her client Ben for a check-in.)

Audio: Maya & Ben · weekly wellness coaching session

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. Audio: Listening - gap-fill (dictation)

Listen again and write the missing word in each line.

Audio: Maya & Ben - key lines

Transcript with gaps:

A: So, Ben, how did that digital detox go for you?

B: You know, Maya, surprisingly well. By Thursday, something shifted.

A: Really? I remember you were quite reluctant to even try it.

B: I was! I don't think you have to give up your phone entirely, but setting boundaries... that's key.

A: I agree. It's about finding that balance. I actually heard a great tip the other day.

B: Oh? Do tell.

A: It was about creating a buffer. You ought to give your brain a small transition between work and rest. Something like a 15-minute walk.

B: That makes sense. Like a signal: work is over.

A: Exactly. It helps your mind switch gears.

B: I did try something similar; I started reading a physical book for an hour before bed.

A: That's brilliant! What if you slip, though? Do you just give up?

B: No, definitely not. You mustn't beat yourself up if you slip. Stress recovery is non-linear, after all. Just pick it up the next day.

1. By Thursday, something ____.
2. I don't think you have to ____ up your phone.
3. You ought to give your brain a small ____ between work and rest.
4. A signal: work is ____.
5. You mustn't beat yourself ____ if you slip.
6. Stress recovery is ____-linear.

12. ■ Challenge - sentence transformation

Rewrite the second sentence so it means the same as the first, using 2-5 words including the KEYWORD.

1. 1. It isn't necessary for you to come early. → You ____ early. (KEYWORD: HAVE)
2. 2. It is forbidden to use phones in the exam. → You ____ phones in the exam. (KEYWORD: USE)
3. 3. It would be a good idea to apologise. → You _____. (KEYWORD: OUGHT)
4. 4. Leave now, or you'll miss the bus. → You ____ now. (KEYWORD: BETTER)
5. 5. It was a mistake to call him. → I ____ him. (KEYWORD: HAVE)

13. ■ Challenge - word formation

Complete each sentence with the CORRECT form of the word in CAPITALS.

1. He suffers from terrible _____. (ANXIOUS)
2. Mindfulness has been life-_____ for me. (CHANGE)
3. Their relationship is emotionally _____. (DRAIN)
4. Don't make _____ decisions when you're tired. (EMOTION)

5. She showed great ____ during the crisis. (RESILIENT)
6. His ____ comments made everyone uncomfortable. (JUDGE)

14. ■ Challenge - odd one out

Three of the four share a meaning. Pick the ODD ONE OUT.

1. 1. Feeling stressed:
- (A) overwhelmed
 - (B) snowed under
 - (C) well-rested
 - (D) on edge
2. 2. Ways to look after yourself:
- (A) vent
 - (B) reach out
 - (C) let off steam
 - (D) catastrophise
3. 3. Strong advice / warning:
- (A) had better
 - (B) must
 - (C) ought to
 - (D) have to
4. 4. Feeling low:
- (A) down in the dumps
 - (B) fed up
 - (C) anxious
 - (D) well-rested

15. ■ Challenge - extended writing

Write a 120-150 word post titled "Three rules I've made for my mental fitness". Use AT LEAST: 3 different advice modals, 1 'should have / shouldn't have' (reflection on the past), and 4 vocabulary items from Lesson 2B.

Checklist:

- ☐ 120-150 words
- ☐ At least 3 different advice modals (should / ought to / had better / must / etc.)
- ☐ At least one 'should have' or 'shouldn't have' (regret)
- ☐ At least 4 vocabulary items from Lesson 2B
- ☐ Reflective, personal tone

16. Self-check

Tick the things you can now do confidently.

- ☐ I can use must, mustn't, have to and don't have to correctly.
- ☐ I can give advice with should, ought to and had better.
- ☐ I can reflect on past decisions with should have / shouldn't have.
- ☐ I can describe my emotional state with at least 5 new words.
- ☐ I can suggest coping strategies in English.
- ☐ I can hear and produce the weak forms of modal verbs.

Mental fitness — Workbook

Extra practice for home study · with answer keys

1. Vocabulary — how I'm feeling

Choose the option that best fits each sentence.

1. I've got six deadlines and a sick child. I'm completely ____.
(A) fed up
(B) beleaguered
(C) drowsy
2. Sorry I snapped — I've been ____ all morning waiting for the test results.
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4. I've been ____ with this software for six months and nothing has changed.
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(B) despondent
(C) apprehensive
5. Whenever I'm stressed I go for a long run — it really helps me ____.
(A) set boundaries
(B) decompress
(C) confide

2. Vocabulary — coping strategies

Complete each sentence with ONE word from the box.

BOX: boundaries · unwind · vent · confide · self-care · detach

1. I just need to ____ for five minutes — can I tell you about my morning?
2. If you're really struggling, please ____ in someone you trust.
3. I take Sundays completely off. It's my non-negotiable ____ day.
4. You have to learn to set ____ with people who drain your energy.
5. I need to ____ properly during my holiday — no work emails.
6. When the meeting got heated, I had to ____ and breathe for a second.

3. Vocabulary — discursive writing

Discuss the importance of 'decompressing' and setting 'boundaries' for maintaining mental fitness in high-stress careers.

Checklist:

- Use at least 4 mental-fitness vocabulary items
- Maintain a formal, discursive register

- Use cohesive devices to link your arguments
- Check for varied C1-level grammatical structures

[illegible]

4. Grammar — must / mustn't / don't have to / have to

Choose ONE option to complete each sentence correctly.

1. You ____ smoke in here — there are signs everywhere.
(A) don't have to
(B) mustn't
(C) shouldn't
2. It's Saturday! You ____ wear a suit.
(A) mustn't
(B) don't have to
(C) must
3. I keep arriving late. I really ____ get a new alarm.
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4. In Portugal, you ____ stop at red lights, even on a bike.
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5. Hospital rule: you ____ use your phone in the ICU.
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(C) have to
6. Lucky you — you ____ work this weekend!
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- (B) have to
- (C) don't have to

5. Grammar — should, ought to, had better

Rewrite each sentence using the modal in CAPITALS. Keep the meaning the same.

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2. If you don't leave now, you'll miss the train. (BETTER)
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5. Don't be late again — it'll cause real problems. (BETTER)
6. It would be a really good idea to see a doctor. (SHOULD)

6. Grammar — looking back with should have / shouldn't have

Rewrite each sentence as a regret/reflection using should have or shouldn't have + past participle.

1. I didn't book the hotel and now everything is full.
2. He sent that email at 1am. He really regrets it.
3. She didn't listen to her doctor and now it's worse.
4. I said yes to a fifth project and now I'm drowning.
5. We didn't tell them the truth from the start.

7. Grammar — find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. You hadn't better tell her.
2. She musts to leave early today.
3. You don't must touch that — it's hot!
4. I should have went to bed earlier.
5. He shouldn't to drink so much coffee.

8. Reading — true / false / not given

Read the short text, then mark each statement T (true), F (false) or NG (not given).

For three years Marco worked sixty-hour weeks at a consultancy in Madrid. "I told myself I was thriving," he says. "Honestly? I was running on empty." The first warning was small — he started snapping at colleagues over tiny things. Then he stopped sleeping. By month thirty, he was crying in client meetings he couldn't even remember booking. His doctor was blunt: he had to take three months off and seriously rethink his life. Marco resisted at first — "I'm not someone who burns out" — but eventually he agreed. Today he runs a small consulting practice from a village near Toledo, with a strict 5pm finish. "I should have listened to my body two years earlier," he admits. "The signs were all there. I just thought they didn't apply to me."

1. Marco worked for a consultancy in Madrid for three years. [T / F / NG]
2. He initially recognised the signs of burnout as serious. [T / F / NG]
3. His doctor recommended three months off. [T / F / NG]
4. Marco's family helped him decide to take time off. [T / F / NG]

5. He now runs his own small consultancy. [T / F / NG]
6. He regrets not paying attention to early warning signs. [T / F / NG]

9. Writing — guided task

Write 60–80 words of advice to someone who says: "I work from home and I can't switch off. I'm exhausted but I keep checking my laptop in the evening." Include: (a) TWO advice modals (should / ought to / had better), (b) ONE "don't have to" or "mustn't", (c) TWO vocabulary items from this lesson.

Checklist:

- 60–80 words
- TWO different advice modals (should / ought to / had better)
- ONE 'don't have to' or 'mustn't'
- TWO vocabulary items from Lesson 2B
- Kind, useful tone

[illegible]

10. ■ Listening — gist & detail

Play the coaching session once for gist, then again for detail. (Wellness coach Maya is meeting her client Ben for a check-in.)

■ **Audio:** Maya & Ben · weekly wellness coaching session

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. ■ Listening — gap-fill (dictation)

Listen again and write the missing word in each line.

■ **Audio:** Maya & Ben — key lines

Transcript with gaps:

A: So, Ben, how did that digital detox go for you?

B: You know, Maya, surprisingly well. By Thursday, something shifted.

A: Really? I remember you were quite reluctant to even try it.

B: I was! I don't think you have to give up your phone entirely, but setting boundaries... that's key.

A: I agree. It's about finding that balance. I actually heard a great tip the other day.

B: Oh? Do tell.

A: It was about creating a buffer. You ought to give your brain a small transition between work and rest. Something like a 15-minute walk.

B: That makes sense. Like a signal: work is over.

A: Exactly. It helps your mind switch gears.

B: I did try something similar; I started reading a physical book for an hour before bed.

A: That's brilliant! What if you slip, though? Do you just give up?

B: No, definitely not. You mustn't beat yourself up if you slip. Stress recovery is non-linear, after all. Just pick it up the next day.

1. By Thursday, something ____.
2. I don't think you have to ____ up your phone.
3. You ought to give your brain a small ____ between work and rest.
4. A signal: work is ____.
5. You mustn't beat yourself ____ if you slip.
6. Stress recovery is ____-linear.

12. ■ Challenge — sentence transformation

Rewrite the second sentence so it means the same as the first, using 2–5 words including the KEYWORD.

1. 1. It isn't necessary for you to come early. → You ____ early. (KEYWORD: HAVE)
2. 2. It is forbidden to use phones in the exam. → You ____ phones in the exam. (KEYWORD: USE)
3. 3. It would be a good idea to apologise. → You _____. (KEYWORD: OUGHT)
4. 4. Leave now, or you'll miss the bus. → You ____ now. (KEYWORD: BETTER)
5. 5. It was a mistake to call him. → I ____ him. (KEYWORD: HAVE)

13. ■ Challenge — word formation

Complete each sentence with the CORRECT form of the word in CAPITALS.

1. He suffers from terrible _____. (ANXIOUS)
2. Mindfulness has been life-_____ for me. (CHANGE)
3. Their relationship is emotionally _____. (DRAIN)
4. Don't make _____ decisions when you're tired. (EMOTION)

5. She showed great ____ during the crisis. (RESILIENT)
6. His ____ comments made everyone uncomfortable. (JUDGE)

14. ■ Challenge — odd one out

Three of the four share a meaning. Pick the ODD ONE OUT.

1. 1. Feeling stressed:
(A) overwhelmed
(B) snowed under
(C) well-rested
(D) on edge
2. 2. Ways to look after yourself:
(A) vent
(B) reach out
(C) let off steam
(D) catastrophise
3. 3. Strong advice / warning:
(A) had better
(B) must
(C) ought to
(D) have to
4. 4. Feeling low:
(A) down in the dumps
(B) fed up
(C) anxious
(D) well-rested

15. ■ Challenge — extended writing

Write a 120–150 word post titled "Three rules I've made for my mental fitness". Use AT LEAST: 3 different advice modals, 1 'should have / shouldn't have' (reflection on the past), and 4 vocabulary items from Lesson 2B.

Checklist:

- 120–150 words
- At least 3 different advice modals (should / ought to / had better / must / etc.)
- At least one 'should have' or 'shouldn't have' (regret)
- At least 4 vocabulary items from Lesson 2B
- Reflective, personal tone

16. Self-check

Tick the things you can now do confidently.

- I can use must, mustn't, have to and don't have to correctly.
- I can give advice with should, ought to and had better.
- I can reflect on past decisions with should have / shouldn't have.
- I can describe my emotional state with at least 5 new words.
- I can suggest coping strategies in English.
- I can hear and produce the weak forms of modal verbs.



Answer key — Class Book

Reading: Mental fitness is a verb

1. (B) As a muscle that needs regular training.
2. (B) Tiny acts of self-honesty done consistently.
3. (B) Sleep enough, move a little, talk to someone real.
4. (A) you've made things much worse than they had to be

Vocabulary: stress, emotions & coping

1. inundated
 2. spent
 3. unwind
 4. edgy
 5. confide
 6. vent
 7. set boundaries
 8. decompress
1. After the third crisis this week, the team felt beleaguered.
 2. She grew despondent after months of bad news.
 3. He was exasperated with the constant delays.
 4. I try to detach before replying angrily.
 5. They managed to weather the difficult period together.

Grammar focus: modals of obligation, prohibition & advice

1. mustn't
 2. don't have to
 3. have to
 4. must
 5. mustn't
 6. don't have to
1. You should/ought to talk to a doctor — and you shouldn't drink coffee after lunch.
 2. You'd better set some boundaries before you burn out. You ought to mute notifications after 7pm.
 3. You should sit down calmly and make a list together — you shouldn't talk about it when you're already angry.
 4. You ought to plan something small and pleasant for Sundays. You shouldn't sit at home scrolling.
 5. You'd better get a good night's sleep and prepare three stories you can tell. You shouldn't rehearse all night.
1. I shouldn't have eaten two desserts.
 2. She should have gone to the doctor.
 3. He shouldn't have sent that email at 1am.
 4. We should have booked the hotel.
 5. I shouldn't have said yes to another project.

Listening: Ana gives Tom a reality check

1. Work — being short-staffed and answering emails at midnight.
 2. Tom must take care of himself first and set small boundaries.
 3. Yes — he agrees to talk to his manager and put down his phone at dinner.
1. You shouldn't check work emails after hours.
 2. His manager.
 3. 'You can't pour from an empty cup.'
 4. No phone at dinner; a proper lunch break; a 20-minute walk with no podcast/scrolling.
 5. He really should see one if this keeps up — burnout is real.

Ask the teacher — notes to bring to class



Answer key — Workbook

Ask the teacher — notes to bring to class

Mental fitness - Workbook — Answer Key

1. Vocabulary - how I'm feeling

1. **(B)** beleaguered
2. **(A)** edgy
3. **(B)** spent
4. **(A)** exasperated
5. **(B)** decompress

2. Vocabulary - coping strategies

1. **vent**
2. **confide**
3. **self-care**
4. **boundaries**
5. **unwind**
6. **detach**

3. Vocabulary - discursive writing

Sample answer

For the beleaguered professional, the ability to decompress after a long day is not merely a comfort, but a vital necessity for survival. High-stress environments often leave workers feeling completely spent, both emotionally and physically. To combat this, one must learn to set non-negotiable boundaries between their personal and professional lives. Engaging in regular self-care and finding time to truly unwind is essential for long-term mental fitness. Furthermore, the importance of having someone to confide in cannot be overstated; venting one's frustrations to a trusted friend or colleague can prevent small stresses from escalating into full-blown burnout. Ultimately, mental fitness requires a proactive approach to one's well-being, acknowledging that even the most dedicated worker needs to detach and recharge.

4. Grammar - must / mustn't / don't have to / have to

1. **(B)** mustn't
2. **(B)** don't have to
3. **(A)** must
4. **(A)** have to
5. **(B)** mustn't
6. **(C)** don't have to

5. Grammar - should, ought to, had better

1. *You ought to call your mother.*
2. *You'd better leave now (or you'll miss the train).*
3. *You shouldn't drink coffee at 10pm.*
4. *You ought to apologise.*
5. *You'd better not be late again.*
6. *You should see a doctor.*

6. Grammar - looking back with should have / shouldn't have

1. *I should have booked the hotel.*
2. *He shouldn't have sent that email at 1am.*
3. *She should have listened to her doctor.*
4. *I shouldn't have said yes to a fifth project.*
5. *We should have told them the truth from the start.*

7. Grammar - find and fix the mistake

1. *You'd better not tell her.*
2. *She has to leave early today. (or: She must leave early today.)*
3. *You mustn't touch that - it's hot!*
4. *I should have gone to bed earlier.*
5. *He shouldn't drink so much coffee.*

8. Reading - true / false / not given

1. **T**
2. **F**
3. **T**
4. **NG**
5. **T**
6. **T**

9. Writing - guided task

Sample answer

I really get it - working from home is brutal because the office never closes. First, you ought to set a hard finish time and physically shut your laptop in a drawer at 6pm. You don't have to answer messages in the evening; the world won't end. You'd better also take a proper lunch break away from your desk, otherwise you'll keep running on empty. And please reach out to a friend at least once a week - even a ten-minute call helps you switch off properly.

10. Audio: Listening - gist & detail

1. *A breathing exercise Maya suggested.*
2. *Awful - his mind was racing.*
3. *His evenings - he collapses on the sofa and scrolls for two hours.*
4. *A 10-minute walk, a shower, or even just changing clothes - a signal that work is over.*
5. *Beat himself up if he slips.*
6. *Non-linear - two steps forward, one back.*

11. Audio: Listening - gap-fill (dictation)

1. *shifted*
2. *give*
3. *transition*
4. *over*
5. *up*
6. *non*

12. ■ Challenge - sentence transformation

1. *don't have to come*
2. *mustn't use*
3. *ought to apologise*
4. *had better leave*
5. *shouldn't have called*

13. ■ Challenge - word formation

1. *anxiety*
2. *changing*
3. *draining*
4. *emotional*
5. *resilience*
6. *judgmental*

14. ■ Challenge - odd one out

1. **(C)** *well-rested*
2. **(D)** *catastrophise*
3. **(C)** *ought to*
4. **(D)** *well-rested*

15. ■ Challenge - extended writing

Sample answer

For most of my twenties I was proudly snowed under. I wore exhaustion like a medal. Now, at thirty-two, after one quiet, embarrassing collapse, I've made three rules. Rule one: I must put my phone in another room from 10pm. I shouldn't have spent so many years scrolling in bed - it ruined my sleep and my mood. Rule two: I ought to take one proper walk every day, alone, with no podcast. It's the only time my brain actually switches off. Rule three: I'd better reach out to one human being every single day, even just a voice note. Loneliness is sneakier than burnout. I'm not 'fixed'. I still feel overwhelmed sometimes. But the kit is small, boring, and mine - and that's the point.

16. Self-check

Self-assessment — no fixed answers.

Mental fitness — Workbook — Answer Key

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2. **(A)** edgy
3. **(B)** spent
4. **(A)** exasperated
5. **(B)** decompress

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