



3 Just Relax!

1 Synopsis

Bianca lives in New York, one of the most exciting cities in the world. She used to work as a stockbroker, but she quit her job and now teaches yoga. In this interview, she talks about why she changed her life. She explains how she used to earn good money, but had no time to enjoy herself. Her doctor told her to lower her stress levels. Now, her life is different. She makes less money, but she is going out more and has time for a boyfriend. She is happier and more relaxed, and has realized that her health is the most important thing.

Length of video: 2:03min

2 Target Language

Grammar: past tenses

Vocabulary: free time activities

Language points: *ASAP, I'm seeing somebody, take a chance, wreck one's health, nervous breakdown*

3 Procedural Notes

A Before you watch

1 As a class. Make sure students understand the dictionary definitions of *relaxing* and *stressful*. Encourage them to read the example sentences. Ask the class what jobs are the most stressful. Check that students understand *stockbroker / broker*.

Individuals. Have students complete the chart with their own ideas for relaxing and stressful activities. If students find this difficult, first, brainstorm ideas on the board. (*Relaxing: go to the gym, go to the movies; Stressful: take exams, work long hours, commute, etc.*)

In groups. Have students discuss their charts in small groups. Have groups report back to the class. Write a list of relaxing and stressful activities on the board.

B While you watch

1 Individuals. Play the whole video. Have students listen for stressful and relaxing activity types. After watching the video, elicit the activities that Bianca mentions in the video and write them on the board.

Bianca mentions:

Relaxing activities: go to the movies, go out on dates, do yoga, spend weekends in the country;

Stressful activities: trade stocks, work really hard

2 In pairs. Have students compare their lists with the ones in the video. Have a few students read aloud the relaxing and stressful activities that they share with Bianca.

3 Individuals. Have students read the statements. Then, play the video again while students complete the exercise. Check answers.

Answer key:

Correct statements: 1, 3, 4, 5, 8, 10

4 Individuals. Have students read the paragraph carefully. Play the segment again [00:39-01:00] and encourage them to identify and correct the mistakes. Have students check their answers in pairs, discussing any differences. Play the segment of the video again if necessary.

As a class. Check answers as a class, calling on students to read aloud the correct sentences. Encourage them to read with expression.

Answer key:

I had to work really hard to succeed as a broker. But by the time I had made it and was earning good money, I had **no** time to enjoy it. I **never** went to the **movies**; I **hardly ever** went out **on dates**. I was living on black coffee and **junk food**.

C After you watch

Individuals. Have students order the phrases from 1–7. Encourage them not to think too long about each one, but to answer instinctively.

In groups. Have students share and discuss their ideas in small groups. Remind them that it is natural for people to have different opinions, but encourage them to give reasons for their views. While students are working, write the phrases on the board. Have groups report back to the class. Come to a class consensus about the best order of the phrases. What was ranked as most important and as least important?

D Language points

Individuals. Read aloud the expressions in the box and check that students understand them. Explain that *ASAP* stands for "as soon as possible." Have students complete the sentences with the correct expressions. Check answers as a class.



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Answer key:

1 seeing somebody 2 take a chance 3 wrecking my health 4 ASAP 5 nervous breakdown

If you have time, have students work in pair or in groups to write questions, using the new phrases. Model an example: *When was the last time you took a chance?* Circulate and help out as necessary. When students have finished, combine pairs/groups, and have students interview each other, using their questions. Finish off with class feedback on the most interesting answers given.

E Your viewpoint

As a class. Read the expressions aloud and check everybody understands them. Elicit similar expressions or idioms related to money and wellbeing in your students' own language.

In groups. Have students work in small groups and discuss the expressions. While they are working, circulate and help with vocabulary. Finish off with a class discussion. Which one do students agree with the most and the least?

Suggested answers:

- 1 Happiness is not about material possessions, but about your mental state and attitude towards life.
- 2 Good health is so precious, it is impossible to put a monetary value on it.
- 3 Your job should be subordinate to your non-working life. It should not dominate or interfere with your enjoyment of your free time.

4 Video Script

Jason: New York is one of the most exciting cities in the world. It's also incredibly hectic and fast-paced. With all the stress, no wonder New Yorkers have invented so many great ways to relax. Here's Kirstie with an *Inside Out* feature guest who found a way to make a living and relax at the same time.

Kirstie: Thank you, Jason. In a few moments, I'll be talking with Bianca Moulter, a former stockbroker who teaches at the Lotus Yoga Center. Hello, Bianca. You were a successful Wall Street broker, but you gave it all up to teach yoga. Why such a major life change?

Bianca: I had to work really hard to succeed as a broker. But by the time I had made it and was earning good money, I had no time to enjoy it. I never went to the movies, I hardly ever went out on dates. I was living on black coffee and junk food. That, plus the stress of the stock exchange, it was wrecking my health.

Kirstie: That sounds terrible.

Bianca: Yeah. My hair was falling out. I was on the verge of a nervous breakdown. My doctor ordered me to lower my stress level ASAP. I knew that trading stocks wasn't an option anymore, and since I'd studied yoga, I quit my job, and here I am.

Kirstie: Good for you. What's different in your life now?

Bianca: I make less money, but you know what? I'm happier. My health and well-being are more precious than any bank account or any fancy job title. I'm so much more relaxed, more balanced. I'm seeing somebody now. We go to the movies a lot. Sometimes spend weekends in the country. It's fantastic.

Kirstie: What an inspiration, taking a chance like that. Thanks for talking to us today, Bianca.

Bianca: My pleasure.