

اللغة الانجليزية

محاضرة العاشره

- هذا الفصل يتكلم كيف تتصرف عندما تكون متعب و كيف تكون ناجح و كيف تكون مسترخيا



English 101

Lecture (10)

**LESSON C: HOW COME YOU'RE TIRED?
SHOWING SURPRISE: WOW, REALLY ...
LESSON D: WAYS TO RELAX**

- طرق عرض المفاجأة

عندما تشاهد شيء نال اعجابك او تعجبت فيه تستخدم هذه الكلمات :

OH يا

REALLY حقا

WOOW عجباً

OH.WOW العجب

NO WEY لا مستحيل

GOSH! يا الهي

OH MY GOSH!

Are you series? هل انت محق

No! لا !

Oh و really تعبر عن .ه كلمه

Wow و gosh تعبر .ه.ه كلمه

Showing surprise

Use expressions like these to show surprise in informal conversations:

Oh! *Gosh!*
Really? *Oh, my gosh!*
Wow! *You're kidding!*
Oh, wow! *Are you serious?*
No way! *No!*

In formal conversations, use *Oh!* or *Really?*

A: I am working two jobs.
B: you are kidding!

A: I had an accident
B: Oh, my gosh!

In conversation . . .

Oh and *Really* are in the top 50 words. *Wow* and *Gosh* are in the top 500.

هنا المرفق يعطيك الاسباب التي تجعلك مرتاح و تبعت عنك التعب :

Lesson D

Ways to relax

COMMON QUESTIONS ABOUT STRESS

Am I stressed?

If you can't sleep well or can't concentrate, . . .
If you feel depressed or want to cry a lot, . . .
If you have a headache or an upset stomach, . . .
If you can't relax and you feel irritable, . . .
If you are extremely tired, . . .
. . . then it's possible you are stressed.



Is stress bad for me?

Occasional stress is common and can be good for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so work or study is difficult.

What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, make an appointment to see your doctor.

RELAXATION TECHNIQUES

1 **Breathe** Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.

2 **Exercise** Walk or exercise for just 30 minutes each day and feel better.



3 **Talk** Call a friend. Talk about your problems.

4 **Meditate** Close your eyes and focus on something calm. Feel relaxed.

5 **Pamper yourself** Take a hot bath, or have a massage.



6 **Do something you enjoy** Listen to music. Sing. Watch TV. Meet a friend.

Department of Health - "Take care of yourself."

- هذه القطعة تتكلم عن الاسترخاء و من المحتمل ان يكون عليها السؤال عن طريقة
قطعة و عليها سؤال

Lesson D Ways to relax

Sleep is very important to keep you healthy and happy. If you feel really stressed it's possible that you're not sleeping well at night or getting enough rest. This can affect your ability to concentrate and do your job or study.

Here are some techniques to help:

Stop work about half an hour before you go to bed and don't watch TV.


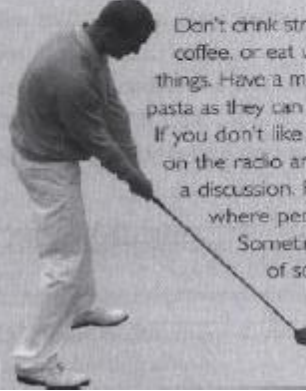
Don't drink strong tea or coffee, or eat very sweet things. Have a meal with rice or pasta as they can make you sleepy. If you don't like reading, turn on the radio and listen to a discussion. Find a show where people are talking. Sometimes the sound of someone's voice can relax you. If you can't sleep

because you're worrying, get up and do something different. Try something quiet and calming like a crossword puzzle. Some people like to wash the dishes or clean things around the house.

Be sure to get some exercise every week. Try tennis, go swimming, or play golf. These activities all help you with stress and they're fun.

Some sports, like running and weight lifting don't help because they put a lot of strain on your body and that can mean more stress.

Above all, don't worry if you're not sleeping!



- اسئلة و اجوبه :

Why is sleep important?

لماذا النوم مهم

Sleep is important to keep you healthy and happy.

النوم مهم للقاء بصحة و سعادة

When should you stop work?

متى يتوجب عليك التوقف عن العمل ؟

About half an hour before you go to bed

حوالي نص ساعه قبل الذهاب الى النوم

What food help you sleep?

ماهي المساعدة الغذائية للنوم ؟

Rice and pasta can help you sleep

الرز و الباستا يمكنها تساعد في النوم

Why does the writer recommend crossword puzzles?

لماذا الكاتب يوصي دائما على الكلمات المتقاطعة ؟

Crossword puzzles are quite and calming.

كلمات المتقاطعة دائما ما تكون هادنة

Which sports help with stress? Name three sports.

سمي ٣ رياضات تساعد في التوتر ؟

. Tennis b. swimming c. golf

تنس و سباحة و الغولف

Read the article. Then answer the questions.

1. Why is sleep important?

Sleep is important to keep you healthy and happy.

2. When should you stop work?

About half an hour before you go to bed.

3. What food help you sleep?

Rice and pasta can help you sleep.

4. Why does the writer recommend crossword puzzles?

Crossword puzzles are quite and calming.

5. Which sports help with stress? Name three sports.

a. Tennis b. swimming c. golf

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