

THEME 5 PSYCHOLOGY READING SKILL (NOTIFIER)

A. Read and fill in the gaps using specific words from the text.

Life does not present us with great moments and stories all the time. There are moments that hurt. Let's see what the guide of World Health Organization (WHO) says about moments of stress, feelings, and stories that are painful. An "emotional storm" means that you experience intensely difficult thoughts and feelings. They are so strong. They are like a mighty storm and they can easily overpower you. When an emotional storm appears, we must learn how to "ground ourselves". What does that mean?

Imagine you are high in a tree when a storm begins. Would you want to stay in the tree? While you are in the tree, you are in great danger! You need to get down to the ground as quickly as possible! On the ground, you are much safer, and on the ground, you can help others. For example, you could comfort others while the storm rages, and if there's somewhere safe for you to hide, you can only get there after you are on the ground. So, we need to "ground ourselves" when our emotional storms appear.

How? Again, through engaging with the world around you and focusing on what you are doing. The first step is to notice how you are feeling and what you are thinking. Next, slow down and connect with your body. Slow your breathing. Empty your lungs completely. Then, let them refill as slowly as possible. Slowly press your feet into the floor. Slowly stretch your arms, or slowly press your hands together. The next step in grounding is to refocus on the world around you. Notice where you are. What are five things you can see? What are three or four things you can hear? Breathe the air. What can you smell? Notice where you are and what you are doing. Touch your knees or the surface beneath you, or any object you can reach. Notice what it feels like under your fingers, so notice there are difficult thoughts and feelings appearing. And there's also a world around you that you can see and hear and touch and taste and smell. And you can also move your arms and legs and mouth, so if you want to, you can act in line with your values.

Grounding does not make your emotional storms disappear. It just keeps you safe until the storm passes. Some storms last a long time. Others pass quickly.

1. The technique mentioned in the text is called _____.
2. If you are experiencing intensely difficult thoughts and feelings, you are going through _____.
3. The first thing in the case of an emotional storm is to _____.
4. Trying to notice where you are and to see what there are around you are about the step called _____.
5. Grounding just _____ until the storm passes.

B. Read the text about psychology and answer the questions.

1. A recent study shows that out of the many factors affecting people's moods, such as weather conditions, people's social lives, eating habits, daily routines, and sleep quality, play a more dominant role. This stems mainly from the fact that the release of serotonin, a hormone affecting happiness, is closely related to the weather outside.

2. According to the study, more serotonin is released in sunny and bright weather, which increases happiness and energy. On the contrary, low level or lack of serotonin which occurs in cloudy and gloomy weather makes people feel moody and lazy.

3. The study sheds light on the relationship between climate and psychology. People living in the northern countries close to the Arctic, where the winter is too cold and long, tend more to suffer from winter depression, while people living in areas with mild climate tend to feel more joyful and energetic.

4. On the other hand, there are other scientists focusing on whether it is possible to remove the negative effects of weather conditions or not. A recently published article says that it is impossible to remove them completely, but people can control and adapt to them. Psychologists advise people to have a balanced sleep, have breakfast regularly, take exercise, and take up new hobbies in order to minimize the negative effects of weather conditions.

1. What are the main causes affecting people's moods and emotions?

2. How is the weather related to people's moods?

3. How does cloudy and gloomy weather make people feel?

4. What type of weather makes people happy and energetic?

5. What is the finding related to the relationship between climate and moods?

6. What should people do to reduce the negative effects of weather conditions?

C. Read the text again and match each paragraph with its topic. One is extra.

- a. Common factors affecting people's moods _____
- b. How to reduce the negative effects of weather conditions _____
- c. Effects of social life on people's psychology _____
- d. How people are affected by climate and location _____
- e. The relationship between weather conditions and moods _____