



VOCABULARY BANK

Health and Wellbeing

Health and Wellbeing | Bank 2: mental health, stress and medical care | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
mental health	☐	☐	☐
feel anxious	☐	☐	☐
cope with stress	☐	☐	☐
ask for support	☐	☐	☐
talk to someone	☐	☐	☐
pressure from school	☐	☐	☐
medical advice	☐	☐	☐
make an appointment	☐	☐	☐
recover from an illness	☐	☐	☐
look after myself	☐	☐	☐
It can be difficult to...	☐	☐	☐
A useful way to cope is...	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Mental health	mental health, feel anxious, feel low, cope with stress, talk to someone, ask for support, look after myself
Pressure and coping	pressure from school, exam stress, take a break, breathe deeply, solve a problem, manage emotions, feel more confident
Medical care	medical advice, make an appointment, see a doctor, describe symptoms, recover from an illness, follow a course of treatment
Opinion chunks	It can be difficult to..., A useful way to cope is..., People should not be afraid to..., Support from others can..., It is better to ask for help when...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. mental health	a. request help from another person
2. cope with stress	b. explain signs of an illness or problem
3. ask for support	c. the condition of someone's mind and emotions
4. medical advice	d. become well again after being sick
5. describe symptoms	e. deal with pressure or worry in a healthy way
6. recover from an illness	f. guidance from a doctor, nurse or health professional

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

cope with stress	ask for support	talk to someone
manage emotions	feel anxious	pressure from school
make an appointment	describe symptoms	follow medical advice

- _____
- _____
- _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Knowing When to Ask for Help

Health is not only about the body. **Mental health** is also important, especially for teenagers who may be dealing with homework, exams, friendships and family responsibilities. It is normal to **feel anxious** sometimes.

The problem becomes more serious when stress affects sleep, concentration or everyday life. Students may need to **talk to someone** they trust, such as a parent, teacher or friend. Asking for support is not a weakness; it is a sensible way to **cope with stress**.

Sometimes people also need professional help. If someone has a health problem, they may **make an appointment** with a doctor and **describe symptoms** clearly. Good **medical advice** can help them understand what to do next.

Looking after yourself means noticing when something is wrong and taking action early. Whether the problem is physical or emotional, people are more likely to recover when they ask for help, follow advice and give themselves time to improve.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. Why is mental health important for teenagers?

2. When can stress become more serious?

3. Who might a student talk to for support?

4. Why is it useful to describe symptoms clearly?

VOCABULARY IN CONTEXT

What does 'cope with stress' mean in the text?

- A. Deal with pressure in a healthy way
- B. Ignore every problem
- C. Stop going to school
- D. Become ill immediately

What is the writer's main message?

- A. People should never ask for help.
- B. Asking for support can be sensible and helpful.
- C. Medical advice is not useful.
- D. Stress only affects adults.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe one situation that can be stressful for teenagers and one way to cope with it.
Speaking 2	Discuss this question: Should schools teach students more about mental health?
Writing	Write a short paragraph giving advice to a student who feels anxious before exams.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- Why do some people find it difficult to ask for help?
- How can friends support someone who is stressed?
- What should students do if school pressure becomes too much?
- Is it better to talk to a friend or an adult about a problem?
- How can people look after their mental health every day?

**ANSWER KEY**

Health and Wellbeing

3. Match the meaning

1. c = the condition of someone's mind and emotions
2. e = deal with pressure or worry in a healthy way
3. a = request help from another person
4. f = guidance from a doctor, nurse or health professional
5. b = explain signs of an illness or problem
6. d = become well again after being sick

6. Check your understanding

1. Teenagers may deal with homework, exams, friendships and family responsibilities.
2. It can become serious when it affects sleep, concentration or everyday life.
3. They might talk to a parent, teacher or friend.
4. It helps a doctor or health professional understand what to do next.

MCQ 1: A. Deal with pressure in a healthy way.

MCQ 2: B. Asking for support can be sensible and helpful.