



Four-year-old Layla from Britain, was particularly shocked to learn that the coronavirus pandemic had caused all her favourite takeaways to shut. Her mum, explained these restaurants wouldn't be available for a little while and filmed the young girl's reaction. Then, the video has go viral on social media, in which the little girl nearly broke down over the whole thing. She can be seen drowning her sorrows in cola with sobbing on and on. Struggling to calm herself down, Layla then asks "are Chinese closed too?" When finally getting her mother's answer "Yes", she lowered her head and became more painful, depressed.



1. What does the underlined word mean? Could you list some well-known names?







2. How does the passage show the girl's depression step by step? shocked → break down → drown her sorrows in cola sobbing → lower her head → more painful





News of COVID-19 has made students' mental health even worse. Campus closing has made (make) students lose the sense of belonging gradually. Under the circumstances, the feeling of depression has risen rapidly. For instance, graduating (graduate) from universities without any job offer can be a hopeless nightmare for them. Some high school students, especially senior 3, are faced (face) with learning problems. During the quarantine time, they may not realize the importance of discipline until the day of returning to school is approaching (approach). Keeping (keep) worrying about the coming exams and their unbearable scores | eaveseave) students at a loss all day, regretting for <a href="having been">having been</a>(be)distracted in front of the screens. Other youngsters are staying with grandparents during this **extended** (extend) break since their parents must go to work <a href="having">having</a> (have) no time to take care of both groups. "I've been stressed out not only for myself, but also for my grandparents." Ann said. "I'm saddened that I can't be on campus with my peers anymore, and I'm also upset for fear

What makes students depressed?

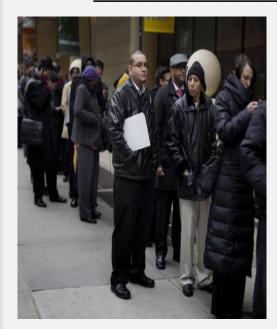
that they may get infected (infect)by the virus."

How do you know?

Students are depressed for the uncertainty of future, terrible studies and families' health.



## Financial difficulties is causing depression



line for unemployment benefits

A large number of working-age adults have lost their jobs. U nemployment (失业) and economic losses (损失)are becoming more and more severe. Researches suggest that rising financial insecurity (不 安全性) and heavy debt (债务) lead to increased rates of depression and s<u>uicide</u> (自杀). "If I'm not at work, I'll concern whether I'm able to pay for necessity such as rent and food," A man knelt on the ground, crying. "It's a very profound threat(威胁)." Obviously adults' depression is caused by their financial difficulties (困难), which makes them in heavy burden.

Pay attention to the negative words and think out a title.



### Health care workers face depression as they battle the pandemic

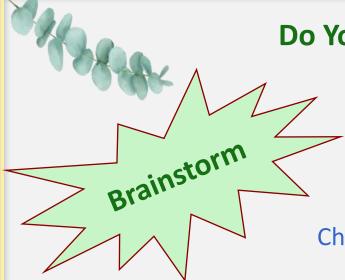
Lorna Breen, a New York City emergency room doctor who recovered from Covid-19

(从新冠肺炎中康复) and continued to treat patients died by suicide.----NBC

She worked in the emergency department and had been on the front lines for weeks, during which a great number of cases arose in her hospital (在此期间她的医院出现大量的病例). Now York the US' pandemic center, recording nearly 300,000 cases and more why?

Breen had developed Cov week and a half off to recover. Still, she felt like she had to get back to her working place where her colleagues were working (在那里她的同事工作) 18 hours per day. She once told her father she and her colleagues were sleeping in hallways, and that ambulances couldn't get in (救护车进不来) because it was so busy. Unfortunately, she was hospitalized again and treated for depression. Yesterday, she committed suicide, which made her family shocked (这令她的家人都震惊了)

"On a daily basis, frontline healthcare professionals are facing too much and under such heavy psychological pressure that they cannot stand (以至于他们不能承受)."



Do You Know the Symptoms of depression?

Feeling sad, anxious, or empty

Feeling hopeless or pessimistic

Feeling guilty, worthless, or helpless

Feeling restless or irritable

Feeling tired or exhausted

Changing appetite or eating habits suddenly

Not enjoying things you used to enjoy

Sleeping too much or too little

Gaining or losing weight rapidly

Trouble with concentration, memory, or making decisions

Having no interest in anything

Thinking of suicide or death

If the symptoms last for at least 2 weeks...



# How to beat depression/the blues?u.com

- A. So keep it tidy.
- B. Talk to a professional.
- C. Chat with your fellows.
- D. It means that a chaotic mind will sure affect your health.
- E. Wake up and go to bed around the same time, eat meals, and shower.
- F. Doing one productive thing per day can lead to a more positive attitude
- G. So it's important to think about positive ways to keep our minds healthy.

During the COVID-19 outbreak, being stuck inside for a long time can be stressful and make
people depressed www.sunedu.com
Change "I am stuck inside" to "I can finally focus on myself".
Set your sights on long-avoided tasks, reorganize, or create something you've always
wanted to. This is your chance to slow down and focus on yourself.
Stay close to your normal routine
Try and maintain some things that you always do before the outbreak Not only will
sticking to your normal routine keep you active, it will be easier to readjust to the outside world
when back.

Clean your home to clear your chaotic mind

With all the uncertainly happening outside your home, keep the inside organized, predictable and clean. For example, try not to eat in bed, and eat at the kitchen table and work at your desk. Additionally, a home in a mess can cause you to become uneasy and upset . \_\_\_\_\_.

Remember to reach out for help if your depression is uncontrolled without professional help. you can talk with counseling services and people from university psychology departments, Depending on your location, you can call one of these 24-hour hotlines for psychological support and general advice if you're experiencing anxiety, depression or panic attacks.





# If you develop depression, you have to know...







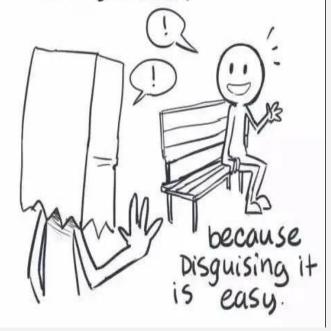


Anyone can fall victim to it

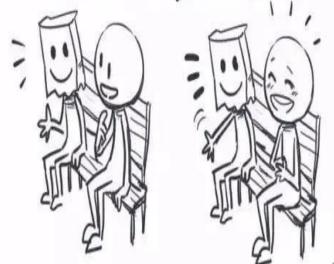


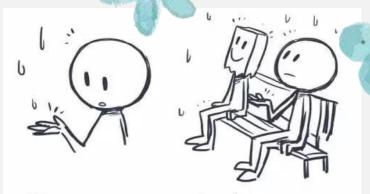


Nobody Can Detect it but yourself,



The cheerier you are, the less they'll suspect.





But you can't hide it Forever





Everybody reaches a breaking Point.





But that's okay.



# Don't be ashamed.





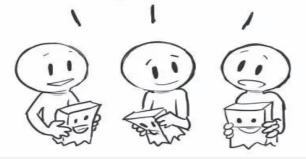


There is love and support



By talking with others, you will get the help and assurance that you need to Fight through it.

Together.





Have Patience with all things But most importantly have Patience with yourself.







Life comes first!

Treat your mind well,
and your body will follow.



