

III. Emotions

a) Why Do Young People Feel So Lonely?

<https://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-181108>

Vocabulary

isolated

far away from other places and people

stereotype

a simplistic view of person or group based on certain characteristics such as nationality, age, profession

intensely

strongly

to be plagued by something

to be tormented by something; to have it causing you problems and difficulties

figure something out

try to understand something

to regulate

to control

b) What Makes You Happy ?

<https://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-190124>

Vocabulary

down in the dumps

(informal) feeling of unhappiness, sometimes with no hope

imperfection

fault or weakness

gild

cover something in a thin layer of gold

jolly

cheerful and happy

coping mechanism

something someone does to deal with a difficult situation

c) The Power of Crying

<https://www.bbc.co.uk/learningenglish/features/6-minute-english/ep-200423>

Vocabulary

be taken seriously

be treated as being deserving of attention or respect

get a label

be thought of as having a particular character or nature, often unfairly

final straw

further problem or difficulty, usually minor in itself, which comes after a series of other problems and makes you want to give up

resentments

feelings of anger because you think you have been treated unfairly or because you have been forced to accept something that you don't like

weeping

crying tears

backlog

accumulation of uncompleted matters that you should have dealt with before and must now do

d) Why Do We Feel Awkward?

<https://www.bbc.co.uk/learningenglish/features/6-minute-english/ep-190404>

Vocabulary

awkward (adjective), **awkwardness** (noun)

feeling uncomfortable, self-conscious or embarrassed in a social situation

implicit

not spoken or written down, but still understood

social rules

the way we behave in society in particular situations so that we can live together

peacefully

to govern

to rule, to control

to illuminate

to make something easier to understand, to clarify

to breach (a rule)

to break (a rule)