



TEXTO : How do you feel		
Nombre:	Fecha: 22-05-20	Curso: 7ºA
OA10	Demostrar comprensión de textos no literarios (como descripciones, instrucciones, procedimientos, avisos publicitarios, emails, diálogos, páginas web, biografías, gráficos) al identificar: <ul style="list-style-type: none"><li>• ideas generales, información específica y detalles</li><li>• relaciones de adición y secuencia entre ideas, diferencia hecho-opinión y causa-efecto</li><li>• palabras y frases clave, expresiones de uso frecuente y vocabulario temático</li><li>• Conectores (first, second, finally, next, or, when, while, before, after, too, because) y palabras derivadas de otras por medio del prefijo.</li></ul>	
Indicador(es):	Describen ideas generales de los textos relacionadas con sentimientos y estados de ánimo en forma oral o escrita	

**I. lee atentamente y responde las preguntas en tu cuaderno.**

How to deal with anxiety and loneliness during the coronavirus outbreak

Stress is to be expected when dealing with a global health scare like the coronavirus which, as of Friday, had infected 265,000 people and killed 11,100 people worldwide. Having to stay indoors, interacting less with other people, and the overall stress of worrying about contracting the coronavirus can all lead to elevated levels of anxiety and a worse mood. Maintaining your mental health during quarantine is important for your sanity and well-being, so Insider has compiled a list of tips to protect your mental health during quarantine.

1. Don't tell people to not panic — it won't help. Instead, suggest activities that can distract from the anxiety.
2. Self-quarantining may put you in an 'unpleasant state' because humans thrive off social interaction.



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3. Make sure you stay in touch with people over the phone or video chat.
4. Demand is soaring for online therapy, a great tool to deal with stress while quarantined.
5. Moving around less during quarantine can also lead to higher anxiety and worse mood, so try some at-home workouts.