



Coping with stress and negative feelings

EXPRESSIONS WITH *KEEP* AND *STAY*

KEEP	STAY
KEEP IN TOUCH Ex: I'll keep in touch once I move to Canada.	STAY IN TOUCH Ex: I'll stay in touch once I move to Canada.
KEEP OUT OF TROUBLE Ex: He's so naughty. He'd better keep out of trouble.	STAY OUT OF TROUBLE Ex: He's so naughty. He'd better stay out of trouble.
KEEP CONNECTED Ex: I keep connected with my High school friends.	STAY CONNECTED Ex: I stay connected with my High school friends.
KEEP THINGS IN PERSPECTIVE I try to keep things in perspective when I am stressed.	STAY AWAKE Ex: When I'm tired I need coffee to stay awake .
KEEP UP WITH She tries to keep up with the latest trends.	-----
KEEP DOWN I need to keep my expenses down . I'm broke.	-----

Retrieved from Richards, J.C. & Sandy, C. (2015). Generally speaking. In *Passages. Teacher's Edition 1* (3^a ed.), (p. 74). Nueva York, EE.UU.: Cambridge University Press.

Vocabulary to describe negative feelings

Confused feelings	Angry feelings	Sad feelings
Baffled	Annoyed	Demoralized
Confused	Enraged	Depressed
Mystified	Frustrated	Discouraged
Stunned	infuriated	Humiliated
-----	Insulted	Saddened
-----	irritated	----

Retrieved from Richards, J.C. & Sandy, C. (2015). The art of complaining. In *Passages. Teacher's Edition 1* (3^a ed.), (p. 85). Nueva York, EE.UU.: Cambridge University Press.