

# NEWS ENGLISH LESSONS.com

## Loneliness leads to high blood pressure

**MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:**

<http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

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**ALL ANSWERS ARE IN THE TEXT ON PAGE 2.**

**19th March, 2010**

# THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

New research shows that lonely people are more likely to have high blood pressure. Researchers from the USA found that people who feel lonely and do not connect with others may suffer from higher levels of blood pressure. They say this is especially true for people in their 50s or older. Researcher Louise Hawkley of the University of Chicago said, "loneliness behaved as though it is a unique health-risk factor". Hawkley said even people with many friends can still feel lonely if they aren't so happy with their relationships.

This research is a little sad. Why do people feel so lonely today? Maybe loneliness is a modern thing. A hundred years ago, everyone lived with their family. Everyone had someone to talk to. Today, things are different. Many older people now live alone. Some old people rarely see their family. It seems everyone is too busy today to think about those who live alone. Even in countries like Japan, extended families are breaking up and older people have to live on their own. Perhaps things like Facebook can help them.

# PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

**Match the following phrases from the article.**

## Paragraph 1

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1. lonely people are more likely to | a. lonely                   |
| 2. people who feel                  | b. can still feel lonely    |
| 3. higher levels                    | c. factor                   |
| 4. people in                        | d. have high blood pressure |
| 5. health-risk                      | e. their 50s                |
| 6. people with many friends         | f. of blood pressure        |

## Paragraph 2

- |                              |                     |
|------------------------------|---------------------|
| 1. Why do people feel        | a. breaking up      |
| 2. loneliness is a modern    | b. to talk to       |
| 3. Everyone had someone      | c. on their own     |
| 4. Some old people rarely    | d. so lonely today? |
| 5. extended families are     | e. see their family |
| 6. older people have to live | f. thing            |

# LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

New research shows that lonely people \_\_\_\_\_ have high blood pressure. Researchers from the USA found that people who feel lonely and \_\_\_\_\_ others may suffer from higher levels of blood pressure. They say this is especially true for people \_\_\_\_\_ older. Researcher Louise Hawkley of the University of Chicago said, "loneliness behaved as \_\_\_\_\_ health-risk factor". Hawkley said even people with many friends can still feel lonely if they \_\_\_\_\_ their relationships.

This research is a little sad. Why do people \_\_\_\_\_ today? Maybe loneliness is a modern thing. A hundred years ago, everyone \_\_\_\_\_ family. Everyone had someone to talk to. Today, things are different. Many \_\_\_\_\_ alone. Some old people rarely see their family. It seems everyone is \_\_\_\_\_ think about those who live alone. Even in countries like Japan, extended families \_\_\_\_\_ and older people \_\_\_\_\_ their own. Perhaps things like Facebook can help them.

# MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

New research shows that (1) \_\_\_\_\_ people are more likely to have high blood pressure. Researchers from the USA found that people who feel lonely and do not (2) \_\_\_\_\_ with others may suffer from higher levels of blood pressure. They say this is especially true (3) \_\_\_\_\_ people in their 50s or older. Researcher Louise Hawkley of the University of Chicago said, "loneliness behaved as (4) \_\_\_\_\_ it is a unique health-risk factor". Hawkley said (5) \_\_\_\_\_ people with many friends can still feel lonely if they aren't so happy with their relationships.

This research is a little sad. Why do people feel so lonely (6) \_\_\_\_\_? Maybe loneliness is a modern (7) \_\_\_\_\_. A hundred years ago, everyone lived with their family. Everyone had someone to talk to. Today, things are different. Many older people now live (8) \_\_\_\_\_. Some old people rarely see their family. It seems everyone is too busy today to think about those who live alone. Even in countries like Japan, (9) \_\_\_\_\_ families are breaking up and older people have to live on their own. Perhaps things (10) \_\_\_\_\_ Facebook can help them.

## Put the correct words from this table into the article.

- |     |               |                |                |
|-----|---------------|----------------|----------------|
| 1.  | (a) alone     | (b) lonely     | (c) loneliness |
| 2.  | (a) connect   | (b) connects   | (c) connection |
| 3.  | (a) as        | (b) so         | (c) for        |
| 4.  | (a) through   | (b) though     | (c) thought    |
| 5.  | (a) evens     | (b) ever       | (c) even       |
| 6.  | (a) today     | (b) yesterday  | (c) tomorrow   |
| 7.  | (a) thing     | (b) kind       | (c) point      |
| 8.  | (a) lonely    | (b) loneliness | (c) alone      |
| 9.  | (a) extension | (b) extended   | (c) extends    |
| 10. | (a) as        | (b) so         | (c) like       |

# SPELLING

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

Spell the jumbled words (from the text) correctly.

## Paragraph 1

1. New ehrcraes
2. do not ccennto with others
3. this is lepecsialy true
4. a quunie health-risk factor
5. people with many fdresin
6. aren't so ppahy

## Paragraph 2

7. a eordmn thing
8. A rdeudnh years ago
9. Everyone had oeesomn
10. things are fnfetedir
11. everyone is too ubys
12. families are inargkeb up

# PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

## Number these lines in the correct order.

- ( ) of the University of Chicago said, "loneliness behaved as though it is a unique health-risk factor". Hawkley
- ( **1** ) New research shows that lonely people are more likely to have high blood pressure. Researchers from the
- ( ) of blood pressure. They say this is especially true for people in their 50s or older. Researcher Louise Hawkley
- ( ) thing. A hundred years ago, everyone lived with their family. Everyone had someone to talk to. Today, things
- ( ) said even people with many friends can still feel lonely if they aren't so happy with their relationships.
- ( ) are different. Many older people now live alone. Some old people rarely see their family. It seems everyone
- ( ) are breaking up and older people have to live on their own. Perhaps things like Facebook can help them.
- ( ) USA found that people who feel lonely and do not connect with others may suffer from higher levels
- ( ) This research is a little sad. Why do people feel so lonely today? Maybe loneliness is a modern
- ( ) is too busy today to think about those who live alone. Even in countries like Japan, extended families

# THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1003/100319-loneliness.html>

**With a partner, put the words back into the correct order.**

1. have blood More to high pressure likely.

---

2. from pressure of higher Suffer blood levels.

---

3. Especially 50s their in people for true.

---

4. with feel many lonely friends can People still.

---

5. their with happy so aren't They relationships.

---

6. Why today lonely so feel people do?

---

7. thing Maybe is modern loneliness a.

---

8. had to to Everyone someone talk.

---

9. their see rarely people old Some family.

---

10. have their people on Older live to own.

---

## **DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about loneliness. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about loneliness. Include imaginary interviews with two people who are lonely. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**5. LETTER:** Write a letter to an expert on loneliness. Ask him/her three questions about loneliness. Give him/her three of your opinions on loneliness. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.