

HOW TO OVERCOME YOUR  
CHALLENGES IN LIFE?

# your problems are your gifts your problems

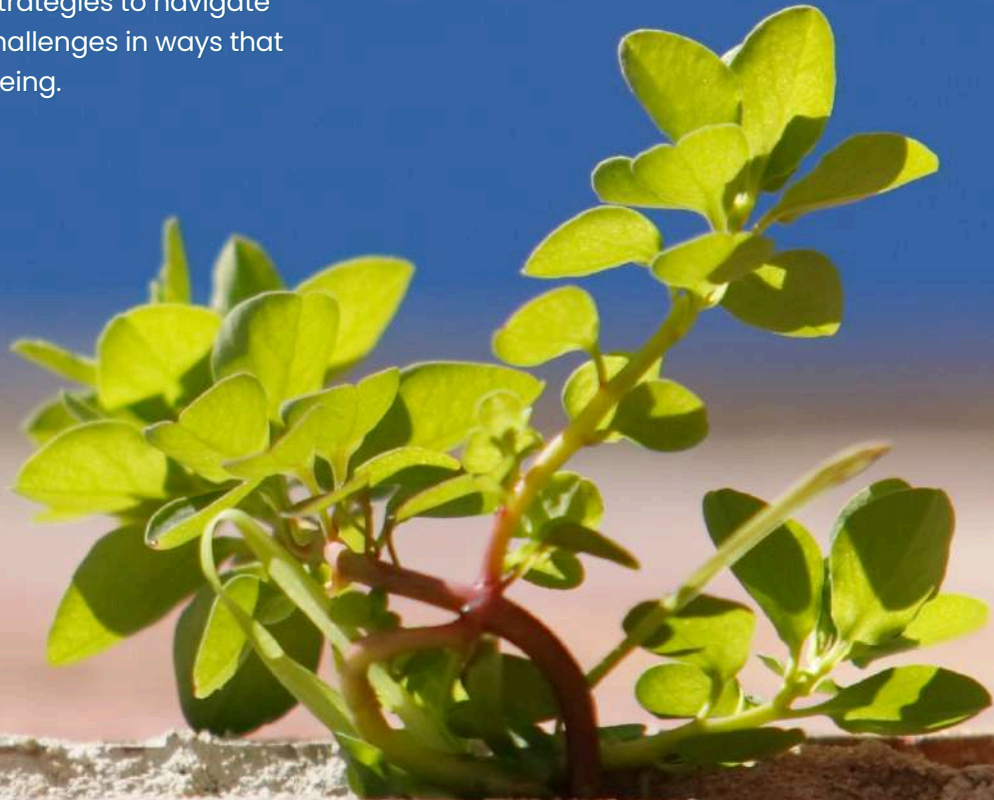
## Lesson Goals

### Problems

- ◆ Understand the concept of well-being by identifying myths and truths about it.
- ◆ Understand that challenges are a part of life and differentiate between external and internal challenges.
- ◆ Discover practical strategies to navigate and overcome life's challenges in ways that support overall well-being.

### Language Competence

- ◆ Acquire new vocabulary related to the topic.
- ◆ Improve listening skills and effective note-taking techniques.
- ◆ Promote inner strengths and empathy to give others strength to overcome challenges.



# 1 ENGAGE

## A What is well-being?

Read the questions below and discuss the answer with your class.



1. Have you ever heard of the term "well-being"?
2. What do you think "well-being" means?


## B Well-being: Myths and Truths

1. Group work. Are the sentences myths or truths? Write 'Myth' or 'Truth' in the blank.

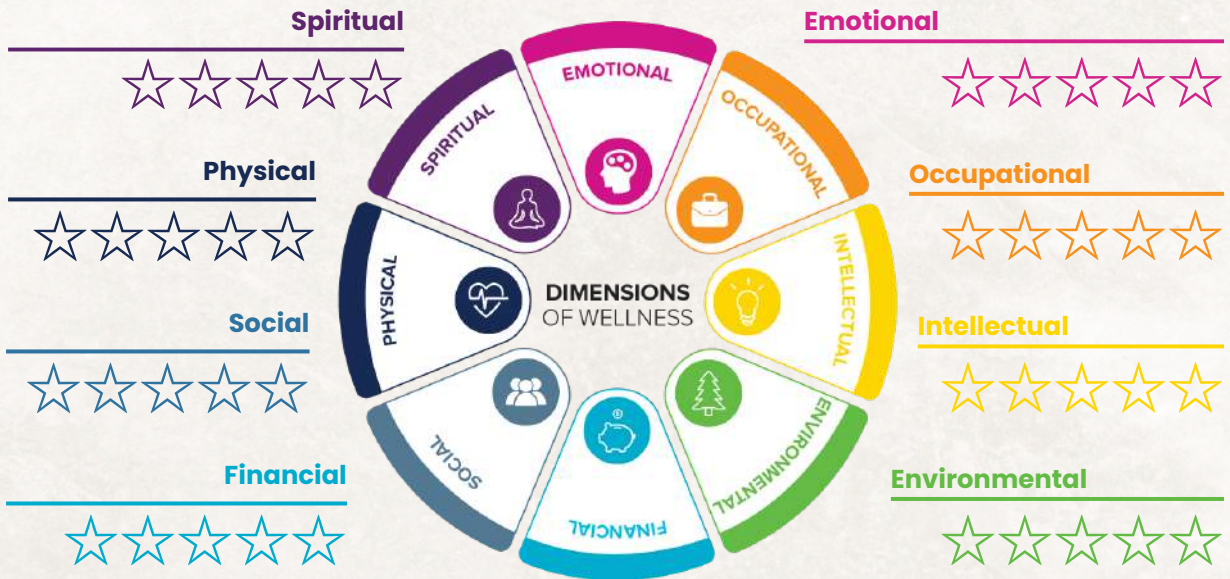
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|----|---|-------|
| 1  | Well-being is all about happiness.  | _____ |
| 2  | Once basic needs are met, having more money does not significantly increase well-being                                | _____ |
| 3  | Well-being means how you handle problems, not avoiding them. It's coping and learning from challenges.                | _____ |
| 4  | Money is the key to well-being.   | _____ |
| 5  | Some stress can motivate you to be better.  | _____ |
| 6  | Self-acceptance and balance are more important than striving for perfection.  | _____ |
| 7  | Well-being is about being able to experience a range of emotions and manage them, not about being happy all the time. | _____ |
| 8  | Well-being is the absence of problems.  | _____ |
| 9  | Achieving perfection leads to greater well-being.   | _____ |
| 10 | Stress and anxiety are always bad for well-being.   | _____ |

2. Share and explain the answers to the class.

# 2 EXPLORE

**A**  **1. How's your well-being?**


Look at the Dimensions of Wellness model below. Reflect on yourself and assess each aspect of your well-being, rating them from 1 (very low) to 5 (very high).



(Source: Eight Dimensions of Wellness - UC Davis Student Health and Counseling Services)

Refer to the questions below to help you with your ratings.

- Spiritual:** How connected do you feel to a higher purpose or meaning in life?
- Physical:** Do you engage in regular physical activity?
- Social:** Do you feel supported by friends and family?
- Financial:** Do you feel stressed or anxious about your financial situation?
- Environmental:** How comfortable and safe do you feel in your physical environment?
- Intellectual:** How curious and engaged are you in learning new things?
- Occupational:** How satisfied are you with your study?
- Emotional:** How well do you manage your emotions and cope with stress?

**YOUR OVERALL WELL-BEING**   
 Sum your ratings and divide by 8.

**2. Share your ratings with your partner.**



**3. What are your challenges to well-being?**

Reflect on your own life and write down 3 things that you consider challenges or struggles that currently affect your well-being.




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**B**  **Listening**

**Listen carefully to the audio and complete the questions below.**

*You will listen to a podcast sharing a helpful way to view your life struggles, the difference between external challenges and internal challenges.*

**Question 1:** According to the text, what is one of the author's favorite concepts?

- Avoiding problems
- Your problems are your gifts
- Seeking perfection in life

**Question 2:** What is the difference between external challenges and internal challenges?


- External challenges are from sources outside our control, while internal challenges are self-imposed.
- External challenges are easier to overcome than internal challenges.
- External challenges are always negative, while internal challenges can be positive.

**Question 3:** What does the text suggest we should do when facing challenges?

- Respond with frustration and anger.
- Avoid the challenges altogether.
- See the challenges as opportunities to learn and grow



### 3 EXPLAIN

**A**  Listen to the audio again. As you listen, complete the notes below. Write no more than TWO WORDS for each answer.

#### The Difference Between External and Internal Challenges

**Why is it important?**

We want to overcome challenges with **(1)** ..... and not make it any more difficult than it has to be. It's important to make the **(2)**..... between external challenges and internal challenges.

**External challenges**

External challenges are challenges that come from sources outside of our control. If we overcome external challenges, we become a stronger, more **(3)** ..... version of ourselves.

Although we can't control what happens to us, we can always choose how we respond. We can respond by being **(4)** ..... and angry at our problems, or we can choose to see it as an opportunity to learn and grow.

**Internal challenges**

Internal challenges come from our own selves. They are the **(5)** ..... that are **(6)** ..... Internal challenges have the power to affect us more deeply than external challenges because they are **(7)** .....

The thoughts and feelings we have about events could **(8)** ..... if we allow them to. We must become aware of internal challenges because they cause us more **(9)** ..... than necessary.

**B Match the words with the definitions.**

- linger
- struggle
- internal
- grace
- external
- refined
- frustrated
- distinction

- |       |  |
|-------|--|
| ..... | (n) a very difficult task that you can do only by making a great effort                            |
| ..... | (n) a quality of behaviour that is polite and pleasant and deserves respect                        |
| ..... | (n) a clear difference or contrast especially between people or things that are similar or related |
| ..... | (a) connected with the inside of something   |
| ..... | (a) feeling annoyed and impatient because you cannot do or achieve what you want                   |
| ..... | (a) polite, well educated and able to judge the quality of things                                  |
| ..... | (a) connected with or located on the outside of something or somebody                              |
| ..... | (v) to continue to exist for longer than expected  |

## 4 ELABORATE

**A**



### 1. Group work:

**Create a poster for strategies to overcome challenges in life.**

*Answer these questions to help you with ideas for the poster!*

*Do you tend to solve your problems alone or seek support from others?*

*Should we stay inflexible to changes, or is it better to be adaptable?*

*Do you think mistakes are pros or cons for our growth?*

*When facing a challenge, do you focus more on the problem or the solution?*

*Do you think it's important to take care of your physical health when facing challenges?*

### 2. Presentation:

**Display and present your group's work to your classmates.**

**B**



### Peer-walking Talk:

**1. Review the challenges or struggles currently impacting your well-being as listed in 2A. Select one without a solution at present.**

**2. In pairs, discuss your chosen problem and provide advice to your partner.**



*a) Take a walk with your partner on the school grounds or in a nearby green space.*

*b) Hear out your partner's problem and offer advice based on the strategies discussed in your class.*

*c) Share your own issue with your partner and seek their advice.*

**3. Return to the class and inform them whether you found the strategies helpful and if you developed any additional strategies.**

**C**



### Your collection of strategies to overcome challenges in life.

**Collect the strategies from the presentations and after the peer-walking walk that work best for you and write them down.**

## 5 EVALUATE

**A** What have you learned today? Check the list.



- Understand** the concept of well-being by identifying myths and truths about it.
- Understand** that challenges are a part of life and differentiate between external and internal challenges.
- Learn** new vocabulary related to overcoming challenges and well-being.
- Improve** listening skills and effective note-taking techniques.
- Discover** practical strategies to navigate and overcome life's challenges in ways that support overall well-being.
- .....

**B** Write a 100-word paragraph to commit to ways you will ensure your well-being and deal with challenges in the future.

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