

Conv. 6-12

- 1- 입태양
- 2- 상현주
- 3- 조성편
- 4- 조원희
- 5- 조미편

Breaking News English - The Mini Lesson

Sad movies help to reduce pain

24th September, 2016



Watching sad or traumatic movies can sometimes be just what the doctor ordered. A new study reveals that watching distressing movies may boost our tolerance to pain. Researchers at Oxford University say that movies that get your

emotions going can increase the amount of endorphins released by the brain. These are our body's natural painkillers - chemicals that make us feel better after physical or psychological pain. Dr Robin Dunbar, a co-author of the study, explained that: "Maybe the emotional [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the brain that deal with physical pain also handle psychological pain."

Dr Dunbar and his colleagues conducted a series of tests to determine the effect that tragic stories have on us. They invited 169 people to take part in the experiment. One group watched a traumatic drama about a disabled man battling homelessness, drug addiction and alcoholism. Another group watched a documentary on the geology and archaeology of Britain. The results showed that on average, the pain tolerance of those who watched the traumatic drama increased by 13.1 per cent. This compared to an average decrease in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural high from the endorphins.

Sources: theguardian.com / sciencemag.org / bbc.com

Writing

Movies and music should be part of what doctors prescribe for pain. Discuss.

Chat

Talk about these words from the article.

sad / traumatic / doctor / tolerance / pain / emotions / painkillers / chemicals / brain / colleagues / stories / experiment / homelessness / alcoholism / geology / natural high

True / False

- a) The article says a doctor ordered a patient to watch a sad movie. T / F
- b) Watching sad movies may increase our tolerance to pain. T / F
- c) Endorphins are chemicals released by the brain to relieve pain. T / F
- d) The same areas of the brain handle physical and psychological pain. T / F
- e) The research was the work of one researcher. T / F
- f) A group of people watched a film about Britain's geology in a test. T / F
- g) People who watched a sad movie decreased their resistance to pain. T / F
- h) People who watched a documentary became more resistant to pain. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|-----------------|
| 1. traumatic | a. lower limit |
| 2. boost | b. emotional |
| 3. tolerance to | c. carried out |
| 4. psychological | d. endurance of |
| 5. triggers | e. disturbing |
| 6. conducted | f. fighting |
| 7. battling | g. explanation |
| 8. increased | h. improve |
| 9. threshold | i. sets off |
| 10. reason | j. rose |

Discussion – Student A

- a) What kind of movies do you like?
- b) What do you think about what you read?
- c) What do you think of sad movies?
- d) How do different movies affect our feeling?
- e) How good or bad are movies for us?
- f) How much tolerance do you have for pain?
- g) What do you do when you have pain?
- h) Will you now watch a sad movie to relieve your pain?

Sad movies help us reduce pain

1. Who conducted this study?

What do the researchers say?

What are endorphins?

2. Who is the co-author of this study?

What did he say?

3. How many people were studied?

What did the researchers try to determine?

What did each group do?

4. What did the results show?

5. What kind of movies do you like?

6. What's a sad movie you've seen?

7. Complete this sentence

I feel sady when _____(4 things)

a.

b.

c.

d.