

ROUND #1

Jodie Turner Smith Answers Existential Questions While Listening To Brown Noise

Source: Bustle

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알림 Notice

- 책으로 읽는 내마음 (By 심리 치료사 문영은 리드, **한국어**)
- '23년 1~4월 테마 '의존증' 마감임박(1명)
- Best Seller 읽고 영어로 책모임(유호연 리드 **영어**)
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※ 문의 070 8246 0570

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression - [At the end of the day](#)

- Definition
- Example

QR코드를 통해
설명 영상을 확인
하실 수 있습니다.



1. **Existential**(adj.) relating to a philosophy (= system of ideas) according to which the world has no meaning and each person is alone and completely responsible for his or her own actions at all times
ex) an existential argument/philosopher

"I'm Jodie Turner-Smith and today I will be answering some of life's most stressful, **existential** questions while listening to brown noise."

2. **Kaleidoscope**(noun) A kaleidoscope is an optical instrument with two or more reflecting surfaces tilted to each other at an angle, so that one or more objects on one end of these mirrors are shown as a regular symmetrical pattern when viewed from the other end, due to repeated reflection.

"Our conception of pain is actually quite limited and inside of pain is actually a **kaleidoscope** of feeling."

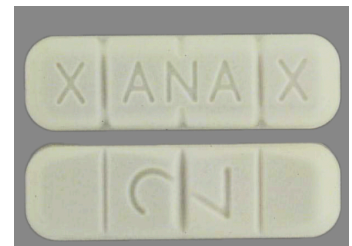


3. **Psychedelic**(adj.) (of a drug) causing effects on the mind, such as feelings of deep understanding or unusually strong experiences of colour, sound, taste, and touch
ex) a psychedelic drug

"Some pain, like birthing is quite **psychedelic**. You know, I think the thing about the noise is that it kind of frees you."

4. **Xanax**(noun) Xanax is used to treat anxiety disorders and anxiety caused by depression.

"So thank you, brown noise. It's like a mental **Xanax**."



2. Listening Drill

Recap the story by filling-in the blanks

Brown noise is like white noise, but has a lower, deeper quality. Many said it allowed their brains to **feel calm**, freed from an internal monologue. I tend to agree.

Hello, Bustle. I'm Jodie Turner-Smith and today I will be answering some of life's most stressful, existential questions while listening to brown noise.

The noise feels a bit like you're on an airplane. I can already smell somebody farting on the plane.

What it's like to be in love.

It's intense. The intensity of falling into a connection with someone. We're **so raw and open** to someone else. Love is a rollercoaster, a delicious rollercoaster.

What makes us human?

Just a tiny question. Not deep at all. I feel like humanity is revealed in the **small moments** that show what our personalities are. Like a person who has to have junk food around them at **arm's reach** at all times. The way that you love cream cheese.

Can we choose our emotions or do they just happen?

I think a big part of emotions is just what's happening in our physical body. That's why being nervous and excited, you have the same physical responses in your body. Am I excited or am I afraid? Because they both feel the same.

Why is there pain in life?

Honestly, really, the better question is "What is pain?" Is pain just transformation? Our conception of pain is actually **quite limited** and inside of pain is actually a kaleidoscope of feeling.

Some pain, like birthing is **quite psychedelic**. You know, I think the thing about the noise is that it kind of frees you. So thank you, brown noise. It's like a mental Xanax.

3. Summary

Summarize what you have seen/heard in two or three sentences

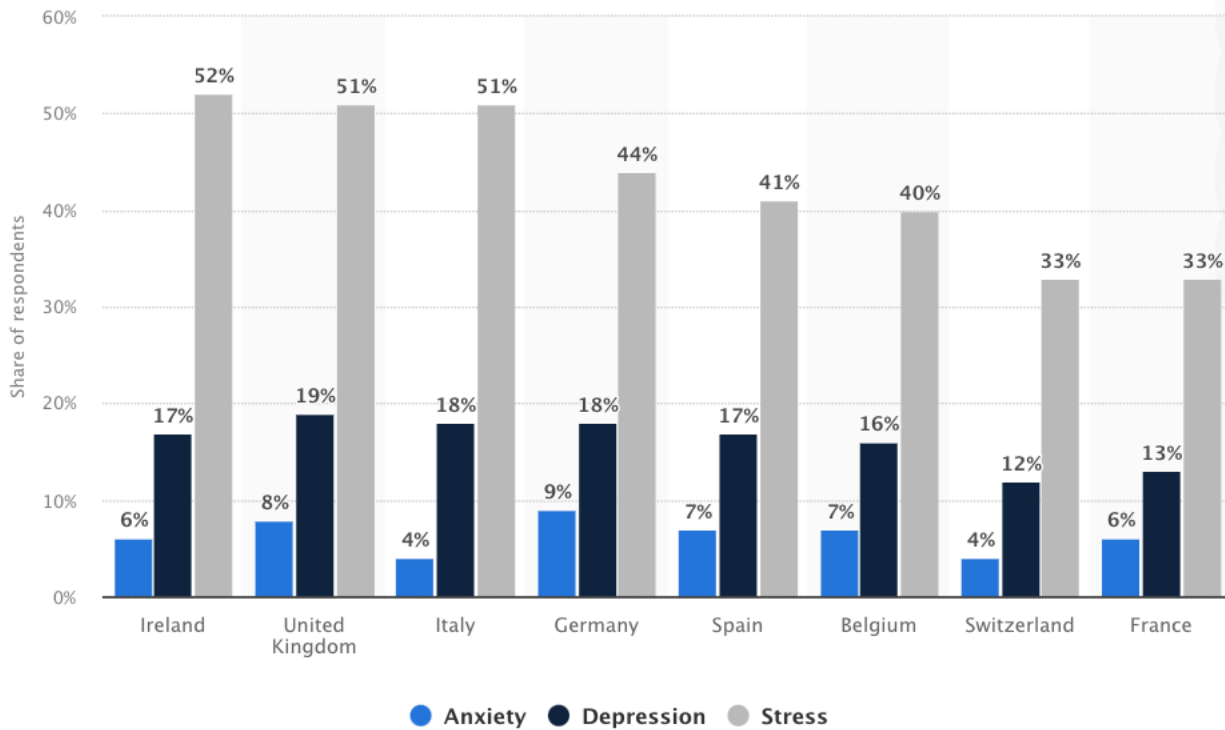
Tip.

Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.

Prevalence of anxiety, depression, and stress in selected European countries as of 2022



Details: Europe; AXA; 2022; 11,000 respondents; 18-75 years source, statistic.com

Prevalence of anxiety, depression, and stress in selected European countries as of 2022

Published by Conor Stewart , Oct 20, 2022

In Ireland, the United Kingdom, and Italy, over half of respondents to a survey in 2022 reported to be experiencing stress. Furthermore, close to a fifth of respondents in most surveyed countries reported to suffer from depression. Feelings of anxiety was highest in Germany, at nine percent.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. Do you like the brown noise in the video? What's your measure to calm your brain?

2. Jodie Turner-Smith said, "I feel like humanity is revealed in the small moments that show what our personalities are." Do you have any small moments that come to mind which tell others' humanity as well as yours

Average

1. Born in England, Jodie Turner-Smith moved to the United States and started her career in banking. After that, she started a new life as a model and an actress. if you were to try something completely unrelated to what you're doing, what would you like to do?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. Why is there pain in life?

Difficult

1. What are the most stressful, existential questions for you?

Note1

Date: _____ Topic _____

Expression of the Day

Write Down idioms/ phrasal verbs that you learned in the sessions

Have you used today?

Week 1.

Yes

No

Week 2.

Yes

No

Words of the Day

Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.

Useful Sentences

Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn

Today's Correction

Write down today's correction.

Note 2

Please write down Korean sentences difficult for you to convey in English

Sentence1

Sentence2

Sentence3

Please write sentences above in English so that you could never fail again

Sentence1

Sentence2

Sentence3

Put a note of vocabularies or idioms that you want to learn