

# Listening - BBC Radio

## Annoying Office Habits



1) What does 'gets under our skin' mean?

2) What does Jennifer think 'onychophagia' means?

3) How many managers did The Institute of Management question/ask?

4) What are pet hates?

5) Why is tapping annoying?



6) What does **kick the habit** mean?

7) What are two more signs of a bad habit?

concentration, \_\_\_\_\_ or \_\_\_\_\_.

8) What does **Thinking outside the box** mean?

9) What is top of the list for annoying habits?

1  
2  
3

10. What does **air your grievances** mean?

16. Did Jen guess correctly about the meaning of '**onychophagia**'?

gets under our skin  
pet hates  
distracting  
kick the habit  
bugbear  
Punctual  
tolerant  
to air your grievances

### Conversation Questions

- Do you have any bad habits?
- Are there habits that apply to whole societies?
- What habits do you find very **distracting**?
- Do children learn bad habits at school or at home?
- Are you aware of any habits that are considered bad manners in one country but not in another?

- Which habit is the most important for parents to set as an example of for their children?
- What are your sleeping habits?
- What are your eating habits?
- What are your exercise habits?
- What do you think are the worst habits for people to have?
- Have you been successful in **kicking a habit**?
- What good habits do you most admire? (for example, waking up early, not complaining or exercising daily.)
- What unusual habits do you observe in your family members? Do they bother you?

This is a list of 10 habits that can make you happier

(from <http://www.developgoodhabits.com/good-daily-habits-list/>)

### **If you want to be happier...**

1. Talk with a positive person.
2. Write down three good things that happened to you each day.
3. Laugh - even if you have to force it. The mere action of laughing releases endorphins.
4. Get some sun (or a happy light, if it's a gray day.)

5. Move your body (walk, exercise) for 20 minutes or longer.
6. Walk a dog or pet an animal.
7. Ask for a hug from one person a day.
8. Call an old friend or relative.
9. Invest 30 minutes a day doing a hobby you enjoy and find relaxing.
10. Buy something new (even something small, like a new type of coffee.)

- 1) How many of these things do you already do?
- 2) Give a compliment to the person next to you.
- 3) Write down three good things that happened to you yesterday.

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