# Stress and Relaxation

WORKSHEET

Günlük İngilizce Konuşma B1 · Ders 19

Name: _____ Class: _____ Date: _____

## A Vocabulary

Match each phrasal verb with its meaning. *(Her phrasal verb'ü anlamıyla eşleştirin.)*

| | |
|---|---|
| 1. calm down | a) to become extremely tired from working too hard |
| 2. wind down | b) to do something you haven't had time for, such as sleep |
| 3. take up | c) to start a new hobby or activity |
| 4. burn out | d) to eat, drink or do less of something |
| 5. put off | e) to become less angry, upset or excited |
| 6. cut down on | f) to relax after a period of work or stress |
| 7. catch up on | g) to delay doing something |

## B Dialogue check

Choose the correct answer according to the dialogue. *(Diyaloğa göre doğru cevabı seçin.)*

1. Why is Gökhan so tired?

   a) He had three big deadlines at work.  b) He moved to a new flat.

   c) He was ill for a week.

2. What does Gökhan usually do before he sleeps?

   a) He reads a book.  b) He scrolls on his phone.

   c) He goes for a walk.

3. What was Nazlı's job before she became a yoga teacher?

   a) She was a nurse.  b) She worked in a hotel.  c) She worked in a bank.

4. Which of these changes does Nazlı NOT mention?

   a) Cutting down on coffee  b) Walking every morning  c) Going to bed earlier

5. When is the yoga class?

   a) Tomorrow at eight  b) Tonight at eight  c) Tomorrow at ten

## C Grammar: phrasal verbs

Choose the correct option. *(Doğru seçeneği işaretleyin.)*

1. My phone keeps buzzing. I'm going to ____.

   a) switch off it  b) switch it off  c) it switch off

2. This task is important. Don't ____ until tomorrow!

   a) put off it  b) off put it  c) put it off

3. I've decided to ____ sugar this month.

   a) cut down  b) cut down on  c) cut on down

4. After a long week, I like to ____ with a good film.

   a) wind down  b) calm up  c) put off

5. Last year my sister ____ painting, and now she paints every weekend.

   a) took off  b) took down  c) took up

6. If you keep working twelve hours a day, you'll ____.

   a) burn in  b) burn out  c) burn on

## D Word order

Put the words in the correct order to make sentences. *(Kelimeleri doğru sıraya koyarak cümle kurun.)*

1. *to / You / down. / slow / need*

2. *took / yoga / I / last / up / year.*

3. *wait. / Work / can*

4. *feel / overwhelmed. / completely / I*

5. *do / down? / you / How / wind*