Work-Life Balance

B1-PLUS · Vocabulary · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. Extra hours after work are…
   Choices: overtime / a deadline / a holiday

   Answer: _____

2. To relax after work is to…
   Choices: unwind / burn out / overwork

   Answer: _____

3. To become exhausted from overworking is to…
   Choices: burn out / switch off / take off

   Answer: _____

4. The last day to finish a task is the…
   Choices: deadline / break / shift

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. I try to ___ off my phone after dinner.

2. She was working too much and began to ___ out.

3. I walk in the park to ___ after work.

4. We have a big ___ on Friday.

3. Your turn.

Write your own answers.

1. How do you unwind after a long day?

3. Your turn. (continued)

2. What do you do when you have a deadline?

3. What helps you keep a healthy balance?