Ways to Reduce Stress Vocabulary

B2 · Vocabulary · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. Feeling extremely tired from too much work is…
   Choices: burnt out / on holiday / well rested

   Answer: _____

2. To relax after a busy day is to…
   Choices: unwind / overload / rush

   Answer: _____

3. To stop thinking about work is to…
   Choices: switch off / switch on / stay on edge

   Answer: _____

4. A limit you set to protect your time is a…
   Choices: boundary / deadline / workload

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. I have so many tasks that I feel ___ . (too much)

2. A walk helps me ___ after work.

3. It's important to get enough ___ .

4. Try to ___ boundaries between work and home.

3. Your turn.

Write your own answers.

1. Write about something that stresses you.

3. Your turn. (continued)

2. Write three ways you unwind.

3. Write advice for a stressed friend.