

Relaxing

Everyone has to deal with stress from time to time. It's important to look after ourselves and to take time to relax though. This helps keep us motivated and from getting burnt out.

Here you will find lots of phrases that will help you talk about stress and relaxation, and enable you to find out how others deal with stress. Maybe you'll even be inspired to try something new as you learn? Let's get started and improve your German!

Essential Phrases

- › Talking about Relaxing
- › Idioms and Other Sayings

Answers to the Most Common Questions

Talking about Relaxing

Do you enjoy swimming, going for walks, or doing yoga? These sentences will help you discuss different ways you and others relax. Have a look at them and get ready for your next conversation in German!

Was machst du gerne, um dich zu entspannen?	What do you like to do to relax?
Wie chillst du nach der Arbeit?	How do you chill out after work?
Was tust du, um Stress abzubauen?	What do you do to relieve stress?
Normalerweise schaue ich fern.	I usually watch TV.
Ich schreibe gerne.	I like to write.
Ich entspanne mich, indem ich Musik höre.	I relax by listening to music.
Ich chillte, indem ich koche und Musik höre.	I chill out by cooking and listening to music.
Meditation ist ein großartiger Weg Stress abzubauen.	Meditation is an awesome stress reliever.
Hast du schon einmal Yoga ausprobiert?	Have you ever tried yoga?
Gehst du manchmal ins Fitnessstudio, um dich zu entspannen?	Do you ever go to the gym to relax?
Wie lange machst du schon Yoga?	How long have you been doing yoga?

Wie chillst du nach der Arbeit? (*How do you chill out after work?*)

The word chillen means the same thing as sich entspannen but is much more colloquial. That means you probably don't want to use this word in formal settings, like at a job interview. Here's an example response to this phrase: **Normalerweise spiele ich einfach Videospiele online mit Freunden** (*I usually just play video games online with friends*).

Normalerweise schaue ich fern (*I usually watch TV*)

An easy way to describe how you relax is to use this sentence pattern **Normalerweise + AKTIVITÄT + ich** (*I usually + ACTIVITY*). You could say something like this for example: **Normalerweise lese ich** (*I usually read*). There are of course different ways to respond to a sentence like this, but here is one example: **Ich finde Lesen auch sehr entspannend!** (*I also find reading very relaxing!*).

Ich schreibe gerne (*I like to write*)

You can use the sentence pattern **Ich + AKTIVITÄT + gerne** (*I like to + ACTIVITY*) to talk about what you like to do to relax. For example, you could say something like: **Ich schwimme gerne** (*I like to swim*). Somebody might respond with something like: **Das klingt wirklich schön** (*That sounds really nice*).

Ich entspanne mich, indem ich Musik höre (*I relax by listening to music*)

One way to talk about how you relax is to use the sentence pattern **Ich entspanne mich, indem ich + AKTIVITÄT** (*I relax by + ACTIVITY*). Here is an example of this: **Ich entspanne mich, indem ich mit Freunden telefoniere** (*I relax by talking with friends on my phone*). By switching Ich entspanne mich, indem out for Ich chille, indem you can make your sentence much more informal and colloquial. Our example would then look like this: **Ich chille, indem ich mit Freunden telefoniere** (*I chill out by talking with friends on my phone*). Here is one way somebody could respond to this sentence: **Ich mache das auch gerne** (*I like to do that too*).

Idioms and Other Sayings

German has loads of idioms that you can use when talking about relaxing. We've gathered the most common ones in the table below. Take a look and try using some to sound more like a native speaker!

Ich brauche einen Tag für mich.	I need a personal day.
Zumindest kannst du jetzt deine Seele baumeln lassen.	At least now you can let your hair down for a bit.
Ich muss eine Verschnaufpause einlegen.	I need to take a breather.
Ich werde mich jetzt einfach zurücklehnen und mir das Spiel ansehen.	I'm just going to kick back now and watch the game.
Es ist an der Zeit, einfach zu lesen und meine Batterien	It's time to just read and recharge my batteries.

wieder aufzuladen.	
Es hilft mir, die Welt ein wenig auszublenden.	It helps me tune out the world for a bit.
Es ist eine großartige Möglichkeit, abzuschalten.	It's a great way to turn off my mind.

Ich brauche einen Tag für mich (*I need a personal day*)

This is the kind of day when you take time to look after yourself and do just what you want to do, like enjoy a long bath, watch your favorite show all day, or go for a hike. **Ich brauche einen Selbstsorge-Tag** (*I need a self-care day*) is another way to say this. Here is an example response to this sentence: **Das ist eine gute Idee; du scheinst in letzter Zeit ziemlich gestresst zu sein** (*That's a good idea; you've seemed pretty stressed out lately*).

Zumindest kannst du jetzt deine Seele baumeln lassen (*At least now you can let your hair down for a bit*)

This is slightly older German idiom, but one that you might still hear. It does not mean to literally hang your soul but rather to relax and try to clear your head. There are several ways to respond to this idiom. For example, like this: **Ja, ich bin froh, dass der Arbeitstag vorbei ist** (*Yeah, I'm glad the work day is over*).

Ich muss eine Verschnaufpause einlegen (*I need to take a breather*)

This is a phrase that you could use when doing physical activities like hiking, gardening, or power yoga. It means that you need a short break to relax for a minute. One way that somebody might respond to this is: **Ja, ich denke, wir sollten alle eine kurze Pause von 15 Minuten einlegen, dann können wir die Sitzung wieder aufnehmen** (*Yeah, I think we should all take a short 15 minute break then we can resume the meeting*).

Ich werde mich jetzt einfach zurücklehnen und mir das Spiel ansehen (*I'm just going to kick back now and watch the game*)

Here is another common German saying. sich zurücklehnen means the same thing as sich entspannen. There are two other ways that could be used to say our example sentence: **Ich lasse es jetzt einfach ruhig angehen und schaue mir das Spiel an** (*I'm just going to take it easy now and watch the game*) and **Ich lege jetzt einfach die Füße hoch und sehe mir das Spiel an** (*I'm just going to put my feet up now and watch the game*). An example response to this sentence is: **Bevor du es dir gemütlich machst, kannst du mir mit dem Abendessen helfen?** (*Before you get comfy, can you help me prepare dinner first?*).

Es ist an der Zeit, einfach zu lesen und meine Batterien wieder aufzuladen (*It's time to just read and recharge my batteries*)

Seine Batterien wieder aufladen is another German idiom that means you need some time to relax and recover. Think of how a phone's battery, for example, eventually runs out and needs to be recharged. Humans basically work the same way. Sometimes we just need to stop and take time to recharge our own batteries. One way somebody could respond to this sentence is: **Okay, dann werde ich dich in Ruhe lassen** (*Alright, I will leave you in peace then*).

Es hilft mir, die Welt ein wenig auszublenden (*It helps me tune out the world for a bit*)

Die Welt ausblenden is similar to the verb abschalten. Both mean to block out everything negative and stressful around you so that you can relax better. Here is another example phrase to show how you could use this: **Musik zu hören hilft mir einfach, die Welt für einen Moment auszublenden** (*Listening to music just helps me tune out the world for a moment*). One way to respond to this sentence is: **Ja, Musik zu hören ist eine tolle Möglichkeit, alles auszublenden, was vor sich geht** (*Yeah, listening to music is a great way to block out everything going on*).

Es ist eine großartige Möglichkeit, abzuschalten (*It's a great way to turn off my mind*)

Like die Welt ausblenden, the word abschalten is used when you want to describe not thinking about things that cause stress so that you can relax for a bit. After a long and stressful day, you could say something like **Ich muss nur ein bisschen abschalten und mich beruhigen** (*I just need to turn off my mind for a bit and calm down*) for example. Another way to say this is: **Ich muss mich nur ein wenig ablenken und mich beruhigen** (*I just need to take my mind off things for a bit and calm down*). There are several ways to respond to this, but here is one example: **Dann lasse ich dich in Ruhe, aber wenn du etwas brauchst, lass es mich einfach wissen** (*I'll leave you be then, but if you need anything, just let me know*).

Answers to the Most Common Questions

What are the most important German phrases that I need to talk about relaxing?

Was machst du gerne, um dich zu entspannen?

Normalerweise schaue ich fern.

Ich schreibe gerne.

Ich muss eine Verschnaufpause einlegen.

Ich werde mich jetzt einfach zurücklehnen und mir das Spiel ansehen.

Es hilft mir, die Welt ein wenig auszublenden.

Es ist eine großartige Möglichkeit, abzuschalten.

What do you like to do to relax?

I usually watch TV.

I like to write.

I need to take a breather.

I'm just going to kick back now and watch the game.

It helps me tune out the world for a bit.

It's a great way to turn off my mind.

How do I talk about what I do to relax?

Using these sentence patterns will enable you to talk about what you do to relax:

Normalerweise + AKTIVITÄT + ich. (*I usually + ACTIVITY.*)

Normalerweise schaue ich fern. (I usually watch TV.)

Normalerweise spiele ich Videospiele. (I usually play video games.)

Normalerweise lese ich. (I usually read.)

Ich + AKTIVITÄT + gerne. (*I like to + ACTIVITY.*)

Ich schreibe gerne. (I like to write.)

Ich gehe gerne spazieren. (I like to go for walks.)

Ich unterhalte mich gerne mit Freunden. (I like to talk to friends.)

Ich entspanne mich, indem ich + AKTIVITÄT. (*I relax by + ACTIVITY.*)

Ich entspanne mich, indem ich Musik höre. (I relax by listening to music.)

Ich entspanne mich, indem ich Fernsehen schaue. (I relax by watching TV.)

Ich entspanne mich, indem ich schreibe. (I relax by writing.)

How do I talk about relaxing in an informal way?

Wie chillst du nach der Arbeit? (*How do you chill out after work?*)

The word chillen means the same thing as sich entspannen but is much more colloquial. That means you probably don't want to use this word in formal settings, like at a job interview. Here's an example response to this phrase: **Normalerweise spiele ich einfach Videospiele online mit Freunden** (*I usually just play video games online with friends*).



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