

Relaxing

Stress is unfortunately an unavoidable part of everyday life. Luckily, there's so many different ways to relax! Talking about relaxation is a great topic of conversation with work colleagues and friends. It helps you learn more about each other, and you might even get inspired to try something new for yourself!

Below we've collected useful sentences, examples, and idioms that you can use to describe what you do to relieve stress. Let's get started!

Essential Phrases

- › Talking about Relaxing
- › Idioms and Other Sayings

Answers to the Most Common Questions

Talking about Relaxing

There's a lot of different ways to discuss relaxing. In the table below we've collected some of the most useful questions, sentence patterns, and examples for you. Check them out and then get started having conversations!

What do you like to do to relax?
How do you chill out after work?
What do you do to relieve stress?
I usually watch TV.
I like to write.
I relax by listening to music.
I chill out by cooking and listening to music.
Meditation is an awesome stress reliever.
Have you ever tried yoga?
Do you ever go to the gym to relax?
How long have you been doing yoga?

How do you chill out after work?

One way to talk about relaxing informally is to use the verb to chill out. To chill out means the same thing as to relax, but is used mainly in English slang. So you probably wouldn't want to ask your boss this question!

Somebody could answer this question many different ways. For example like this: **I usually just play video games online with friends.**

I usually watch TV

One way to describe how you relax is to use the sentence pattern **I usually + ACTIVITY**. For example you could say something like: **I usually read**. Somebody could respond to a sentence like this many different ways. Maybe they would say something like: **I also find reading very relaxing!**

I like to write

One way to talk about what you do to relax is to use the sentence pattern: **I like to + ACTIVITY**. You could say something like: **I like to swim**. In response, somebody might say: **That sounds really nice.**

I relax by listening to music

The following sentence pattern is one way to talk about how you relax: **I relax by + ACTIVITY**. Here is another example of this: **I relax by talking with friends on my phone**. You could say the same thing by switching out I relax by for I chill out by. So, our example becomes: **I chill out by talking with friends on my phone**. This is a more slangy way to this sentence. There are lots of ways somebody could respond to this. For example like this: **I like to do that too.**

Idioms and Other Sayings

There are quite a few unique ways to talk about stress in English by using idioms and other sayings. In the table below, you'll find the most common ones. Take a look a look at them and impress your English-speaking friends with your knowledge of English idioms!

I need a personal day.
At least now you can let your hair down for a bit.
I need to take a breather.
I'm just going to kick back now and watch the game.
It's time to just read and recharge my batteries.
It helps me tune out the world for a bit.
It's a great way to turn off my mind.

I need a personal day

Another way to say this sentence is: **I need a self-care day**. A personal day or a self-care day is a day dedicated to taking care of yourself and not concentrating on the problems and stress that are in your life. We all need a personal day every now and then so that we can relax and have a break from life's stresses. There's lots of different ways somebody could respond to this. For example: **That's a good idea; you've seemed pretty stressed out lately**.

At least now you can let your hair down for a bit

Here is an English idiom. To let your hair down is another way to say to relax. You can picture letting your hair fall naturally and not really caring how it looks to get an idea of the relaxed feeling that you should have when you let your hair down. There are lots of ways you could respond to this. For example like this: **Yeah, I'm glad the work day is over**.

I need to take a breather

To take a breather is an English idiom that means to take a short break and relax. You'd most likely use this idiom during an activity, like a sports game. You could also use it during some stressful event, such as an important business meeting. Somebody might respond to this sentence with something like: **Yeah, I think we should all take a short 15 minute break then we can resume the meeting**.

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

This is another English idiom. To kick back simply means to to relax. Two other ways to say our example sentence are: **I'm just going to take it easy now and watch the game** as well as the idiom **I'm just going to put my feet up now and watch the game**. Somebody might respond to this with something like this: **Before you get comfy, can you help me prepare dinner first?**.

It's time to just read and recharge my batteries

To recharge one's batteries is also an English idiom that means to relax and recover. Just like how batteries lose power and become less effective, so too can humans. That's why we all need time to relax and recharge our own personal batteries so that we can keep going and working hard. A response to a sentence like this might look like: **Alright, I will leave you in peace then**.

It helps me tune out the world for a bit

To tune out the world is very similar to to turn off your mind and means something along the lines of to block out everything going on around you. Usually these things are negative or stressful. Here's another example of this verbal phrase in use: **Listening to music just helps me tune out the world for a moment**. There are lots of different ways to answer a sentence like this. For example: **Yeah, listening to music is a great way to block out everything going on**.

It's a great way to turn off my mind

To turn off your mind is a way of saying to not think about things, particularly things that cause you stress or anxiety. For example, after a long and stressful day you might say **I just need to turn off my mind for a bit and calm down**. This means that you want to try and stop thinking about whatever has been causing you stress so that you can relax a bit. You could say this same sentence in a slightly different way: **I just need to take my mind off things for a bit and calm down**. There are lots of ways you could respond to this. For example: **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 English phrases that I need to talk about relaxing?

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?

Here are a couple of different sentence patterns that you can use to talk about what you do when you relax:

I usually + ACTIVITY.

I usually watch TV.

I usually play video games.

I usually read.

I like to + ACTIVITY.

I like to write.

I like to go for walks.

I like to talk to friends.

I relax by + ACTIVITY.

I relax by listening to music.

I relax by watching TV.

I relax by writing.



[Listen to All
Phrases](#)