

Talking About Relaxing

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?

Idioms and Other Sayings

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.





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