

UNIT 4: LIFESTYLES

🧠 Do you think people work too much nowadays?

burnout

feel guilty

stay connected

switch off

Yes, I think many people work more than they should these days. With technology making it easy to (1) _____ all the time, it's hard to really (2) _____ **from work** — even after hours. In some cultures, especially in big cities, there's a lot of pressure to be productive all the time. People often (3) _____ if they're not busy. I believe this lifestyle isn't very healthy in the long run, as it can lead to (4) _____ and stress.

achieve

at the expense

chasing after

make a living

to the bone

ups and downs

Absolutely. These days, many people **work their fingers** (1) _____ just to (2) _____ and (3) _____ **something in life**. Of course, life has its **fair share** of (4) _____, and sometimes the pressure to succeed can be overwhelming. It feels like everyone is constantly (5) _____ goals, often (6) _____ of their well-being.

🧠 What do you like to do to relax?

brainpower

curl up with

head out

in silence

plug in

recharging

unwind

wash over

When I need to (1) _____, I usually (2) _____ my headphones and let the music (3) _____ me, or I (4) _____ **for a walk to clear my head**. Now and then, I'll (5) _____ a good book or **put on** a feel-good movie—something light that doesn't require much (6) _____. I also find a lot of comfort in simply sitting (7) _____ with a warm cup of tea, especially in the evening. It's my way of (8) _____ **my batteries** and letting the stress of the day **melt away**.

a bit of a thrill

appreciate

on the edge

daily grind

To **unwind**, I like to do things that **give** me (1) _____. I enjoy living life (2) _____ now and then, as it makes me feel truly **alive**. Whether it's trying extreme sports or exploring new places, these experiences help me (3) _____ the **quality of life** and **break away from** the (4) _____.

What is your idea of a perfect day?

be outdoors breathing in cherry on top hanging over have a lie-in
matter most plays along soaking up take a stroll Wrapping up

For me, a perfect day is one where there are no deadlines (1) _____ **my head** and no pressure to be anywhere. I'd probably (2) _____, enjoy a leisurely breakfast, and spend quality time with the people who (3) _____—maybe **grab a coffee** together or (4) _____ somewhere quiet and calming. If **the weather** (5) _____, I'd definitely love to (6) _____, whether it's (7) _____ the sun at the beach or (8) _____ the fresh air up in the mountains. (9) _____ the day with a hearty meal and a feel-good movie would be the (10) _____.

appreciating embrace content with lead a happy life outlook on life

For me, a perfect day would be one where I can simply (1) _____, keep a **positive** (2) _____, and (3) _____ **every moment to the full**. It's about (4) _____ the small **joys**, spending time with loved ones, and **feeling** (5) _____ what I have.

How would you describe your attitude to life?

go as planned learn from stay positive stress too much take life

I'd say I try to (1) _____ and **open-minded**. I believe that even when things don't (2) _____, there's usually something to (3) _____ **the experience**. I don't (4) _____ **too seriously** all the time—I try to enjoy the small things and not (5) _____ about things I can't control. Overall, I'd describe my attitude as optimistic but realistic.

focus on for growth silver lining steer clear of

I always try to (1) _____ a **negative attitude** because I know life can be full of **disappointments**. Instead, I (2) _____ staying optimistic, believing that **every cloud has a** (3) _____. I'm the type of person who tries to **see** challenges as opportunities (4) _____.