

## **IELTS Vocabulary and Exercises: Work-Life Balance vs High Salary**

### **Part 1: Vocabulary Boost for Work-Life Balance vs High Salary**

#### **Work-Life Balance**

- work-life balance (n) – cân bằng giữa công việc và cuộc sống
- flexible schedule (n) – lịch trình linh hoạt
- time management (n) – quản lý thời gian
- personal life (n) – cuộc sống cá nhân
- quality time (n) – thời gian chất lượng (cho gia đình, bạn bè)
- leisure activities (n) – hoạt động giải trí

#### **Stress and Health**

- stress-related illnesses (n) – bệnh liên quan đến stress
- burnout (n) – kiệt sức vì công việc
- mental health (n) – sức khỏe tinh thần
- physical well-being (n) – sức khỏe thể chất
- relaxation techniques (n) – kỹ thuật thư giãn
- emotional stability (n) – sự ổn định cảm xúc

#### **Money and Salary**

- financial stability (n) – sự ổn định tài chính
- high income (n) – thu nhập cao
- material possessions (n) – tài sản vật chất
- monetary success (n) – thành công về tiền bạc
- career advancement (n) – sự thăng tiến trong sự nghiệp

#### **Happiness and Relationships**

- life satisfaction (n) – sự hài lòng với cuộc sống
- personal fulfillment (n) – sự mãn nguyện cá nhân
- family bonding (n) – sự gắn kết gia đình
- meaningful relationships (n) – các mối quan hệ ý nghĩa
- social connections (n) – mối quan hệ xã hội

## Part 2: Improved Multiple Choice Questions with Clear Clues

1. People who balance their time between work and personal life achieve better health and happiness. This is called maintaining a good \_\_\_\_\_.

- A. financial stability
- B. work–life balance
- C. career advancement
- D. monetary success

2. Employees who are allowed to choose their own working hours are given a \_\_\_\_\_.

- A. material possessions
- B. leisure activities
- C. flexible schedule
- D. meaningful relationships

3. Students who plan their study time well have good \_\_\_\_\_ skills.

- A. time management
- B. emotional stability
- C. personal fulfillment
- D. physical well–being

4. It is important to have a job but also to enjoy your \_\_\_\_\_, like hobbies and family time.

- A. mental health
- B. high income
- C. personal life
- D. social connections

5. Parents are encouraged to spend \_\_\_\_\_ with their children to strengthen family ties, not just provide money.

- A. quality time
- B. stress–related illnesses
- C. career advancement
- D. burnout

6. Watching movies, playing sports, and reading books are examples of \_\_\_\_\_.
- A. life satisfaction
  - B. leisure activities
  - C. financial stability
  - D. material possessions
7. Working under too much pressure without breaks can lead to \_\_\_\_\_, such as anxiety and headaches.
- A. stress-related illnesses
  - B. flexible schedule
  - C. personal life
  - D. monetary success
8. People who feel exhausted and lose motivation because of overwork are suffering from \_\_\_\_\_.
- A. burnout
  - B. personal fulfillment
  - C. family bonding
  - D. social connections
9. Companies should care about employees' \_\_\_\_\_, ensuring they stay physically fit and healthy.
- A. physical well-being
  - B. career advancement
  - C. material possessions
  - D. financial stability
10. Meditation, yoga, and deep breathing are examples of \_\_\_\_\_ used to reduce stress.
- A. relaxation techniques
  - B. time management
  - C. monetary success

D. leisure activities

11. Being calm during difficult times shows good \_\_\_\_\_.

A. financial stability

B. emotional stability

C. material possessions

D. flexible schedule

12. Saving enough money to cover daily needs and emergencies leads to \_\_\_\_\_.

A. family bonding

B. financial stability

C. stress-related illnesses

D. burnout

13. Some people believe that earning a \_\_\_\_\_ guarantees a better standard of living.

A. meaningful relationships

B. high income

C. flexible schedule

D. physical well-being

14. People who focus only on buying cars, houses, and luxury goods are chasing after \_\_\_\_\_.

A. material possessions

B. emotional stability

C. quality time

D. leisure activities

15. Many people wrongly think that \_\_\_\_\_ means happiness, but wealth alone is not enough.

A. career advancement

B. financial stability

C. monetary success

D. time management

16. Promotions, raises, and better job titles are signs of \_\_\_\_\_.

A. life satisfaction

B. career advancement

C. meaningful relationships

D. leisure activities

17. True \_\_\_\_\_ comes from achieving personal dreams and goals, not from making a lot of money.

A. personal fulfillment

B. material possessions

C. physical well-being

D. relaxation techniques

18. Family vacations and regular family meals help build strong \_\_\_\_\_.

A. stress-related illnesses

B. social connections

C. family bonding

D. monetary success

19. Having friends you can trust and talk to easily means you have strong \_\_\_\_\_.

A. career advancement

B. meaningful relationships

C. material possessions

D. high income

20. Participating in clubs, events, and community activities helps create \_\_\_\_\_.

A. social connections

B. stress-related illnesses

C. financial stability

D. personal fulfillment