

## 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) \_\_\_\_\_.