



6 STRESS: PHRASAL VERBS

Task 1: Match the phrasal verbs from the box to their definitions.

Lash out	Chill out	Bottle up	Burn out
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1. _____: to calm down and relax.
2. _____: to keep feelings inside.
3. _____: to get really tired and lose energy.
4. _____: to get angry and react strongly.

Task 2: Use the phrasal verbs to complete the sentences. Use the correct tense.

- a. After a busy week at work, I like to _____ by watching a movie and relaxing on the sofa.
- b. She was so frustrated with the situation that she _____ at her friends during the meeting.
- c. He tends to _____ his emotions instead of talking about his problems with others.
- d. After working long hours every day for months, Jane started to _____ and needed a break to recover.

Task 3: Practice using the phrasal verbs in a natural way by answering the questions:

1. What activities help you **chill out** after a busy day?
2. What are some healthier ways to deal with stress instead of **bottling them up**?
3. Can someone **burn out** from doing something they love, like a hobby or sport?
4. Can you give some examples of what people do when they **lash out**?

Task 4: Create four questions using the phrasal verbs, then ask them to a classmate.

Lash out	Chill out	Bottle up	Burn out
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