



English Vocabulary Booster

Episode 61

The podcasts that boosts your English vocabulary and makes you sounds like a native.

Relax

Unwind
Decompress
Take your mind off of something
Treat oneself
Soothing

So, guess what? I got fired!

What?! Why?

I have no idea! I was at work the other day and, I mean, you know how much I've been working lately... I just felt like I really needed some time to **unwind**, you know... to **decompress**. All I'd been thinking about was all the meetings and emails and presentations... I mean! I'm a human! All I wanted was to **take my mind off of that** for a few hours...

Yeah! Of course!

So I decided to **treat myself**, because, you know, I never really do that. So I had some chocolates and some wine delivered, then I put on some jazz music... I don't know what it is about jazz music, but I find it really **soothing**. And then I had someone come over to give a massage, and then someone else to fix my hands and feet! You should've seen my toes! And then right when I started to feel a bit better and a bit more relaxed. Boom! I got fired.

Wait. Your- your boss called you and said you were fired?

No, he didn't call me. He came to my desk.

Wait. You didn't leave your office.

No, I was at my desk.

Don't work in an open space?

Yeah, why?...

Unwind - I just felt like I really needed some time to unwind and decompress.

- When do you feel the need to unwind? After feeling particularly stressed or particularly calm?
- How do you feel after unwinding?
- How much time do you usually need to unwind properly, just a few seconds or more?
- What things do you do to unwind?

Decompress - I just felt like I really needed some time to unwind and decompress.

- When do you feel the need to decompress? After feeling particularly stressed or particularly calm?
- How much time do you usually need to decompress, just a few seconds or more?
- Do you take some time to decompress after work?

Take your mind off of something - All I wanted was to take my mind off of that for a few hours...

- If you do an activity to you take your mind off of something, is it because you want to keep thinking about it or because you want to stop thinking about it?
- Why would you want to take your mind off of something?
- If you want to take your mind off of something, what do you do?

Treat yourself - So I decided to treat myself, because, you know, I never really do that.

- If you treat yourself, do you do something that makes you feel better or worse?
- Do you have to spend money to treat yourself?
- Is treating yourself something special or a habit?
- When was the last time you treated yourself?

Soothing - I don't know what it is about jazz music, but I find it really soothing.

- If something is soothing, does it make you feel more nervous or more relaxed?
- If something is soothing, does it make you sleepy?
- What things do you find soothing?