

# 3 Just Relax!

## A Before you watch

### 1 Read the dictionary definitions.

What activities do you find relaxing and what do you find stressful? Complete the chart.

relaxing, and comfortable: *The atmosphere in our office is very relaxed.*

**re·lax·ing** /rɪ'læksɪŋ/ adj pleasant, and making you feel relaxed: *a long relaxing bath*

**re·lay**¹ /rɪ'leɪ; 'ri,leɪ/ verb [T] to communicate infor-

stressful caused by regularly putting heavy pressure on it  
**stress·ful** /'stresfəl/ adj involving or causing a lot of pressure or worry: *My new job is much less stressful.*

**'stress mark** noun [C] a mark that shows which part of a word is pronounced with the most emphasis

Relaxing	Stressful

## B While you watch

### 1 Listen to Bianca Moulier, the yoga teacher, talk about her life. Complete the chart.

Relaxing	Stressful

### 2 Compare your lists in *Before you watch* with Bianca's. Circle the activities you have in common with her.

### 3 Read the statements and check the correct ones.

1 Bianca worked as a Wall Street broker.

2 She wasn't successful in her career.

3 Bianca didn't have much free time.

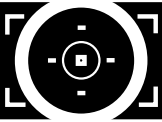
4 She ate junk food and drank coffee.

5 Bianca's job was very stressful.

6 Her friend told her to change her lifestyle.

7 Bianca was fired from her job.

8 She doesn't earn as much money as before.



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## 4 There are six factual mistakes in the text. Find them and write the correct sentences.

**Bianca:** I had to work really hard to succeed as a broker. But by the time I had made it and was earning good money, I had a lot of time to enjoy it. I rarely went to the gym; I sometimes went out with friends. I was living on black coffee and healthy food.

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## C After you watch

In your opinion, what is important for a good quality of life? Order the following things from the most important (1) to the least important (7). Discuss your answers in groups.

- |   |                                  |                          |
|---|----------------------------------|--------------------------|
| a | having a boyfriend or girlfriend | <input type="checkbox"/> |
| b | eating healthily                 | <input type="checkbox"/> |
| c | having lots of money             | <input type="checkbox"/> |
| d | spending time with your family   | <input type="checkbox"/> |
| e | enjoying your job                | <input type="checkbox"/> |
| f | taking vacations                 | <input type="checkbox"/> |
| g | exercising                       | <input type="checkbox"/> |

## D Language points

Complete each sentence with the correct expression in the box.

ASAP   seeing somebody   wrecking my health   take a chance   nervous breakdown

- I didn't go out on a date for almost a year, but I'm finally \_\_\_\_\_ now.
- It's difficult to quit a job that pays well, but sometimes you just have to \_\_\_\_\_.
- I had to move out of the city. All the stress, noise, and pollution was just \_\_\_\_\_.
- When I injured myself in a yoga class, I knew I had to see a doctor \_\_\_\_\_.
- I was working 65 hours a week. I never took vacations. I never saw my family or friends. I had to quit before I had a \_\_\_\_\_.

## E Your viewpoint

Work in groups and discuss the expressions below. What do they mean? Do you agree or disagree with them?

- Money can't buy you happiness.
- Good health is priceless.
- Work to live, don't live to work.