

# Self-Care & Wellness Routines

Intermediate (B1-B2)



## DISCUSSION

**Part 1. Discuss the following questions.**

1. What does "self-care" mean to you?
2. Which self-care activities do you already do regularly?
3. When was the last time you felt truly relaxed? What were you doing?
4. What prevents you from practising self-care more often?

## VOCABULARY

**Part 1. Match each wellness activity to its correct definition.**

Skincare routine

Journaling

Sleep hygiene

Hydration

Meditation

Stretching

Digital detox

Breathing exercises

1. \_\_\_\_\_ A period without screens to reduce mental stress
2. \_\_\_\_\_ Writing down thoughts and feelings regularly
3. \_\_\_\_\_ Steps and products used daily to care for your skin
4. \_\_\_\_\_ Drinking enough fluids to maintain body functions
5. \_\_\_\_\_ Practices that improve your sleep quality
6. \_\_\_\_\_ Gentle muscle exercises to improve flexibility
7. \_\_\_\_\_ Techniques to focus on and control your breath
8. \_\_\_\_\_ A practice of quiet focus to calm the mind

**Part 2. Complete the sentences with the correct activity.**

Skincare routine

Journaling

Sleep hygiene

Hydration

Meditation

Stretching

Digital detox

Breathing exercises

1. I start my morning with \_\_\_\_\_; it helps me focus before work.
2. To stay alert during the day, I make sure to maintain proper \_\_\_\_\_.
3. Good \_\_\_\_\_ means going to bed at the same time and avoiding screens before sleep.
4. After sitting at my desk, I always do some \_\_\_\_\_ to loosen my muscles.
5. Once a week, I do a full \_\_\_\_\_—no phone, tablet, or computer.
6. \_\_\_\_\_ helps me track my progress and emotions.
7. Every night I follow my \_\_\_\_\_ to keep my skin healthy.
8. When I feel stressed, I spend ten minutes on \_\_\_\_\_ to clear my mind.

**Part 3. For each of the wellness activities, discuss the following questions.**

1. How do you currently use this activity in your routine?
2. What benefits does it bring—and what challenges do you face in doing it regularly?



## PHRASAL VERBS

### Part 1. Match each phrasal verb to its correct definition.

Wind down

Stick to

Cut out

Branch out

Ease off

Take up

1. \_\_\_\_\_ To start a new hobby or habit
2. \_\_\_\_\_ To reduce intensity or amount
3. \_\_\_\_\_ To stop doing something completely
4. \_\_\_\_\_ To relax after activity or at day's end
5. \_\_\_\_\_ To continue with a plan or habit
6. \_\_\_\_\_ To try different or additional activities

### Part 2. Complete the sentences with the correct phrasal verb.

1. It's hard to \_\_\_\_\_ a new exercise routine, but I'm determined.
2. To avoid burnout, I want to \_\_\_\_\_ and try yoga this week.
3. After two hours of intense cardio, I \_\_\_\_\_ and switched to walking.
4. I like to \_\_\_\_\_ by reading a book before going to bed.
5. During quarantine, many people \_\_\_\_\_ baking as a new hobby.
6. Last month I decided to \_\_\_\_\_ sugar from my diet.

### Part 3. Discuss the following situations using each of the phrasal verbs.

1. A bad habit that you currently have and how you would like to stop it.
2. A wellness goal or new self-care activity you would like to start – how you will make it part of your routine and how it will benefit you.



## IDIOMS

### Part 1. Match each idiom to its correct definition.

Hit the hay

A breath of fresh air

On cloud nine

Take a breather

Peace of mind

In the zone

1. \_\_\_\_\_ A short rest to recover energy
2. \_\_\_\_\_ Feeling very happy or euphoric
3. \_\_\_\_\_ To go to bed
4. \_\_\_\_\_ A calming sense of no worries
5. \_\_\_\_\_ Something new and refreshing
6. \_\_\_\_\_ Being fully focused and productive

### Part 2. Complete the sentences with the correct idiom.

1. After a busy day, I can't wait to \_\_\_\_\_.
2. Getting away from the city was \_\_\_\_\_ after months at home.
3. Finishing that project gave me real \_\_\_\_\_.
4. When I'm writing, I often get \_\_\_\_\_ and lose track of time.
5. During my workout, I like to \_\_\_\_\_ for a few minutes and stretch.
6. She was \_\_\_\_\_ when she found out she'd been accepted into her dream university.

### Part 3. Discuss the following questions.

1. When was the last time you really needed to **hit the hay** early? What made you so tired?
2. Can you describe an experience that felt like **a breath of fresh air**? How did it change your mood?
3. What achievement in your life has put you **on cloud nine**? How did you celebrate?
4. Think of a moment today when you needed to **take a breather**. What did you do to recharge?
5. What activities give you true **peace of mind**? Why do they help you feel calm?
6. Describe a time when you were so focused on a task that you were **in the zone**. What were you doing?

## DISCUSSION

### Part 1. Discuss the following questions.

1. Which self-care habits will you commit to this week?
2. What strategies might help you stick to new routines?
3. How can you remind yourself to take a breather when you need one?

