## **ESSENTIAL PHRASES**

Relaxing: Idioms and Other Sayings



## Relaxing: Idioms and Other Sayings

I need a personal day.

At least now you can let your hair down for a bit.

I need to take a breather.

I'm just going to kick back now and watch the game.

It's time to just read and recharge my batteries.

It helps me tune out the world for a bit.

It's a great way to turn off my mind.

