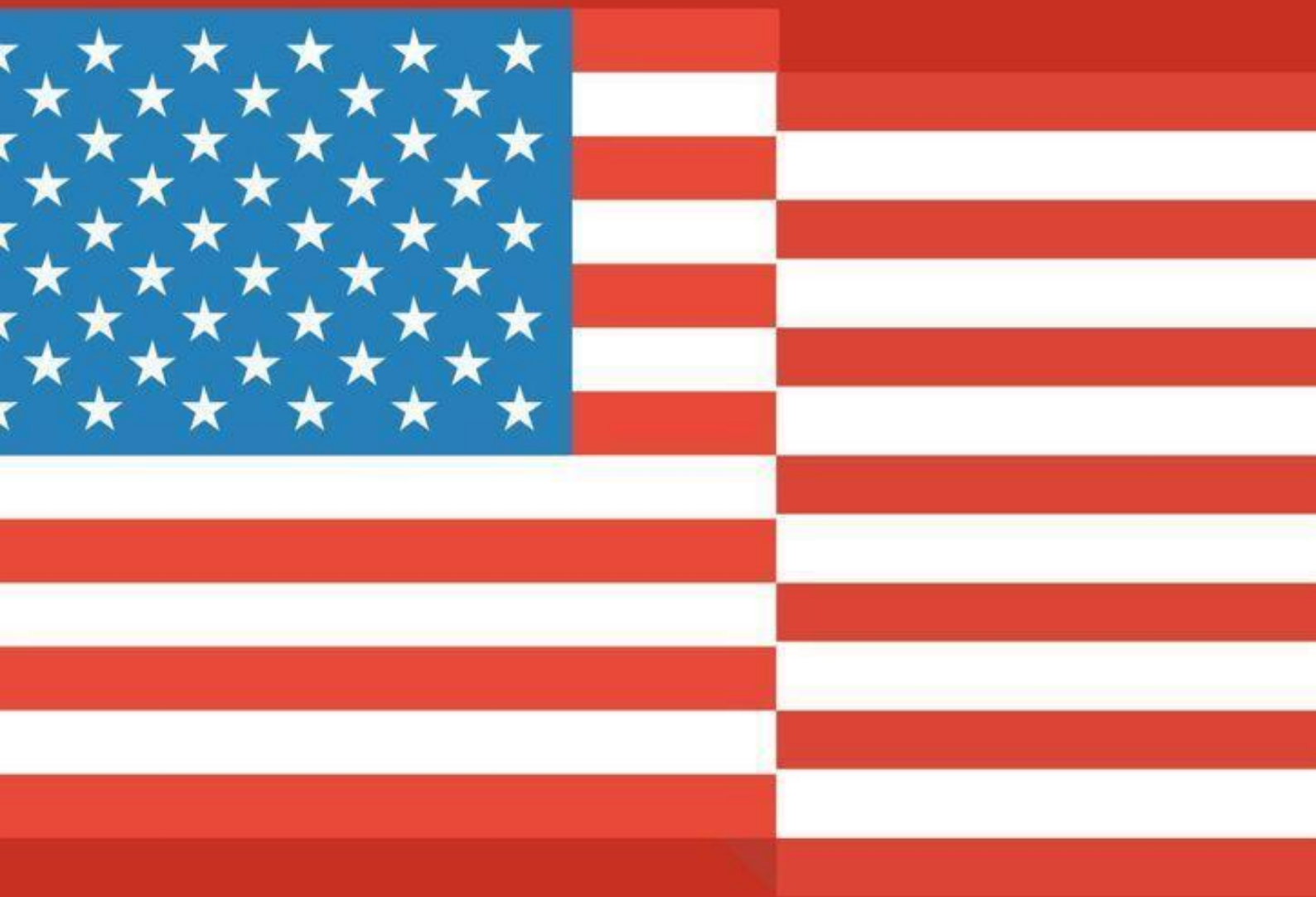


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Джонас Тичерман
*Фразовые и устойчивые
выражения в английском*

Учите, запоминайте, используйте



Джонас Тичерман

**Фразовые и устойчивые
выражения в английском. Учите,
запоминайте, используйте**

«Издательские решения»

Тичерман Д.

Фразовые и устойчивые выражения в английском. Учите, запоминайте, используйте / Д. Тичерман — «Издательские решения»,

Эта книга представляет устойчивые выражения английского языка, разделённые по повседневным и профессиональным темам. Каждая глава содержит текст с примерами, разбор ключевых выражений и упражнения для закрепления. Материал поможет улучшить понимание английской речи, расширить словарный запас и научиться использовать фразы в реальных ситуациях.

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Фразовые и устойчивые выражения в английском Учите, запоминайте, используйте

Джонас Тичерман

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Введение

Владение устойчивыми выражениями английского языка является важной частью эффективного общения как в письменной, так и в устной форме. Устойчивые выражения позволяют передавать мысли точно, избегать двусмысленности и делать речь более естественной. Они часто используются носителями языка в повседневной коммуникации, деловой среде, учебе и профессиональной деятельности.

Цель данной книги — систематически представить широкий спектр устойчивых выражений, разделенных по тематическим ситуациям, с объяснением значений, примерами использования и упражнениями для закрепления материала. Каждая глава сосредоточена на конкретной теме, что позволяет изучающему постепенно расширять словарный запас и улучшать навыки употребления выражений в соответствующем контексте.

Представленный материал ориентирован на студентов, специалистов и всех, кто стремится к совершенствованию английского языка в практическом применении. Особое внимание уделено не только пониманию значений выражений, но и их активному использованию в речи и письме.

Использование этой книги предполагает последовательное изучение выражений, анализ примеров и выполнение упражнений, что способствует формированию устойчивой базы знаний и навыков.

Желаю успехов!

A Busy Morning Routine

Text

Emma is not a morning person, but she has learned to get up early the hard way. Every weekday, her alarm goes off at 6:30 a.m., and she has to drag herself out of bed. She usually hits the snooze button at least twice before she finally wakes up. By the time she gets out of bed, she already feels like she is running late.

The first thing Emma does is head straight to the bathroom to freshen up. She takes a quick shower, brushes her teeth, and tries to wake herself up. Some mornings, she feels full of energy, but most of the time she is still half asleep. To get going, she makes herself a strong cup of coffee.

While the coffee is brewing, Emma checks her phone. She scrolls through messages and emails to see if anything urgent has come up. Sometimes this is a bad idea because it puts her in a bad mood before the day has even started. Still, she finds it hard to break the habit.

After that, she gets dressed for work. Picking an outfit can be stressful when she is in a hurry. On good days, she lays out her clothes the night before, but she doesn't always stick to this plan. When she can't decide what to wear, she ends up wasting precious time.

Breakfast is another challenge. Emma knows it is important not to skip breakfast, but she often doesn't have enough time. When she is really busy, she grabs something quick, like a banana or a piece of toast, and eats it on the go. On better mornings, she manages to sit down and enjoy a proper meal.

Before leaving the apartment, Emma makes a quick mental checklist: keys, phone, wallet. She has learned this the hard way after locking herself out more than once. Even so, there are days when she forgets something and has to go back home.

Commuting to work can be unpredictable. If she leaves early, she can beat the traffic and get to the office on time. But if she is late, she gets stuck in traffic and starts to stress out. Sometimes, everything seems to go wrong at once.

By the time Emma arrives at work, she often feels like she has already had a full day. Still, she tries to pull herself together, take a deep breath, and focus on her tasks. No matter how chaotic her morning is, she knows she has to get on with her day.

Vocabulary: Useful Expressions

not a morning person — не жаворонок

Example: I'm not a morning person, so I need coffee to function.

get up early the hard way — приучиться рано вставать через трудности

Example: He got up early the hard way after starting his new job.

alarm goes off — будильник звонит

Example: My alarm went off at 7 a.m.

drag oneself out of bed — с трудом вылезти из кровати

Example: She dragged herself out of bed after a sleepless night.

hit the snooze button — нажать «отложить» на будильнике

Example: He hit the snooze button three times.

run late — опаздывать

Example: Sorry, I'm running late.

head straight to — направиться сразу куда-то

Example: She headed straight to the kitchen.

freshen up — освежиться

Example: I need a minute to freshen up.

half asleep — полусонный

Example: I was still half asleep during the meeting.

get going — раскататься, начать действовать

Example: It takes me a while to get going in the morning.

come up — возникнуть (о проблеме/ситуации)

Example: Something urgent came up at work.

be in a bad mood — быть в плохом настроении

Example: He was in a bad mood all day.

break the habit — избавиться от привычки

Example: It's hard to break the habit of checking my phone.

be in a hurry — спешить

Example: I can't talk, I'm in a hurry.

stick to the plan — придерживаться плана

Example: Try to stick to the plan.

waste time — тратить время впустую

Example: Don't waste time on unimportant things.

skip breakfast — пропускать завтрак

Example: You shouldn't skip breakfast.

on the go — на ходу

Example: I had lunch on the go.

make a checklist — составить список

Example: She made a checklist before leaving.

lock oneself out — захлопнуть дверь, оставшись снаружи

Example: I locked myself out of my apartment.

beat the traffic — избежать пробок

Example: Leave early to beat the traffic.

get stuck in traffic — застрять в пробке

Example: We got stuck in traffic for an hour.

stress out — сильно нервничать

Example: Don't stress out over small things.

pull oneself together — взять себя в руки

Example: He took a moment to pull himself together.

get on with — продолжать (дело)

Example: Let's get on with the work.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

I'm sorry I'm late — I _____.

She _____ and went to the kitchen.

He always _____ before an important meeting.

I had no time for breakfast, so I ate _____.

My alarm _____ at 6 a.m.

I _____ this morning and had to call a locksmith.

Try not to _____ — everything will be fine.

It's hard to _____ when you check your phone every five minutes.

If we leave now, we can _____.

He was so tired that he had to _____ just to stand up.

Getting Ready for Work

Text

For many people, getting ready for work is a routine they don't think much about. However, for Daniel, it is a process that requires careful planning and a lot of discipline. He believes that how you start your morning can set the tone for the rest of the day.

Daniel wakes up at 6:00 a.m. every day. Unlike some of his friends, he doesn't hit the snooze button. Instead, he gets out of bed right away and makes his bed. He thinks this small habit helps him feel more in control and ready to take on the day.

After that, Daniel goes to the kitchen to prepare breakfast. He prefers something simple but healthy, like oatmeal or eggs. While he is eating, he goes over his schedule for the day. This helps him stay on track and avoid surprises later.

Once breakfast is over, Daniel moves on to getting dressed. He works in an office where appearance matters, so he always tries to look neat and professional. To save time, he plans his outfits in advance. This way, he doesn't have to think on his feet in the morning.

Even with a plan, things don't always go smoothly. Sometimes he spills coffee on his shirt or realizes that something doesn't fit as well as he thought. When that happens, he has to change quickly and make up for lost time.

Before leaving the house, Daniel takes a few minutes to double-check everything. He makes sure he has all the documents he needs, as well as his laptop and charger. He used to forget things often, but now he tries to stay organized.

Another important part of Daniel's routine is mental preparation. He takes a moment to think about his priorities and remind himself of his goals. This helps him stay focused and not get distracted by minor problems during the day.

On his way to work, Daniel listens to podcasts or music. He believes this is a good way to make the most of his time. Instead of worrying about traffic or delays, he uses this time to learn something new or simply relax.

Despite all his efforts, there are days when everything goes wrong. He might wake up late, lose track of time, or run into unexpected problems. When that happens, Daniel tries not to panic. He knows that staying calm is the best way to deal with difficult situations.

By the time he arrives at the office, Daniel feels prepared and confident. His routine may seem simple, but it helps him stay productive and positive throughout the day. For him, getting ready for work is not just about physical preparation — it is also about getting into the right mindset.

Vocabulary: Useful Expressions

set the tone — задать тон

Example: This meeting will set the tone for the whole project.

right away — сразу, немедленно

Example: I'll do it right away.

be in control — контролировать ситуацию

Example: She likes to feel in control of her schedule.

take on the day — принять вызов дня

Example: He felt ready to take on the day.

go over (a plan/schedule) — просматривать, повторять

Example: Let's go over the plan again.

stay on track — придерживаться курса

Example: We need to stay on track to finish on time.

move on to — перейти к следующему

Example: Let's move on to the next task.

in advance — заранее

Example: Book your tickets in advance.

think on one's feet — быстро соображать

Example: You need to think on your feet in this job.

go smoothly — проходить гладко

Example: The event went smoothly.

make up for (lost time) — наверстать (упущенное время)

Example: He worked late to make up for lost time.

double-check — перепроверить

Example: Always double-check your work.

stay organized — оставаться организованным

Example: She uses apps to stay organized.

a few minutes — несколько минут

Example: Give me a few minutes.

stay focused — оставаться сосредоточенным

Example: Try to stay focused on your goals.

get distracted — отвлекаться

Example: I get distracted easily.

make the most of — использовать по максимуму

Example: Make the most of your free time.

run into (a problem) — столкнуться с проблемой

Example: We ran into a problem.

lose track of time — потерять счет времени

Example: I lost track of time while working.

deal with — справляться с

Example: He knows how to deal with stress.

stay calm — сохранять спокойствие

Example: Stay calm in difficult situations.

by the time — к тому времени как

Example: By the time I arrived, they had left.

feel prepared — чувствовать себя готовым

Example: She felt prepared for the exam.

throughout the day — в течение дня

Example: He checked his email throughout the day.

get into the right mindset — настроиться правильно

Example: Meditation helps me get into the right mindset.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

This speech will _____ for the entire conference.

I'll call you back _____.

We need to _____ the plan before the meeting.

Try to _____ and not get distracted.

She prepared everything _____ to save time.

The project didn't _____ because of unexpected issues.

He had to work late to _____.

Always _____ your emails before sending them.

I completely _____ while watching that movie.

It's important to _____ and not panic in stressful situations.

A Trip to the Supermarket

Text

For many people, going to the supermarket is a simple task, but for Laura, it is something that requires planning and attention. She prefers to shop once a week to stock up on everything she needs, rather than make multiple trips.

Before leaving home, Laura always makes a shopping list. She has learned the hard way that going to the supermarket without a plan often leads to buying things she doesn't need. A list helps her stick to what is important and avoid unnecessary expenses.

When she arrives at the supermarket, the first thing she notices is how crowded it can be, especially in the evenings. She tries to get there early to avoid long lines and busy aisles. Still, it doesn't always work out that way.

Laura usually starts with the fresh produce section. She takes her time to pick out fruits and vegetables, making sure they are fresh and of good quality. Sometimes it's hard to decide, especially when everything looks good. She often compares prices and checks for discounts to get the best deal.

After that, she moves on to other sections of the store. She walks up and down the aisles, looking for items on her list. Occasionally, she comes across products that catch her eye, even if they are not on the list. This is where she has to be careful not to give in to impulse buying.

One of the most challenging parts of grocery shopping for Laura is staying within her budget. Prices can add up quickly, and it's easy to spend more than planned. She keeps an eye on the total cost as she puts items into her cart, trying not to go over her limit.

Another thing that can slow her down is not being able to find certain products. Sometimes items are out of stock, or they have been moved to a different aisle. When that happens, Laura has to ask a store assistant for help, which can take extra time.

Once she has everything she needs, Laura heads to the checkout. If she is lucky, the line is short, but often she has to wait. While standing in line, she sometimes picks up small items like chocolate or gum, even though she didn't plan to buy them.

After paying for her groceries, Laura packs her bags and leaves the store. Carrying heavy bags home can be tiring, but she feels satisfied knowing that she has everything she needs for the week.

Although a trip to the supermarket may seem like a routine activity, it involves many small decisions. For Laura, staying organized and disciplined helps make the process easier and more efficient.

Vocabulary: Useful Expressions

stock up on — запастись

Example: We need to stock up on food for the weekend.

make a shopping list — составить список покупок

Example: Always make a shopping list before you go.

learn the hard way — научиться на собственных ошибках

Example: He learned the hard way not to be late.

stick to (a plan/list) — придерживаться

Example: Try to stick to your list.

work out (as planned) — получаться, как планировалось

Example: Things didn't work out as planned.

pick out — выбирать

Example: She picked out some fresh apples.

take one's time — не спешить

Example: Take your time when choosing.

of good quality — хорошего качества

Example: This product is of good quality.

compare prices — сравнивать цены

Example: It's smart to compare prices.

get a good deal — выгодно купить

Example: I got a good deal on these shoes.

move on to — перейти к следующему

Example: Let's move on to the next section.

walk up and down (aisles) — ходить туда-сюда

Example: He walked up and down the aisle.

catch one's eye — привлечь внимание

Example: That dress caught my eye.

give in to — поддаться

Example: Don't give in to temptation.

impulse buying — импульсивные покупки

Example: Stores encourage impulse buying.

stay within a budget — укладываться в бюджет

Example: Try to stay within your budget.

add up — накапливаться (о сумме)

Example: Small costs add up quickly.

keep an eye on — следить за

Example: Keep an eye on your spending.

go over (a limit) — превысить

Example: Don't go over your limit.

out of stock — нет в наличии

Example: This item is out of stock.

ask for help — попросить помощи

Example: Don't hesitate to ask for help.

head to — направиться

Example: She headed to the checkout.

stand in line — стоять в очереди

Example: We had to stand in line for 20 minutes.

pick up (items) — взять, купить по пути

Example: I picked up some snacks.

carry heavy bags — нести тяжелые сумки

Example: He helped her carry heavy bags.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

We need to _____ milk and bread.

She always _____ before going shopping.

Try not to _____ unnecessary things.

These small expenses can _____ over time.

I like to _____ when choosing fruit.

He found a cheaper option after he _____.

The product I wanted was _____.

Don't forget to _____ your spending.

She tried not to _____ and stayed within her budget.

I had to _____ for almost 30 minutes at the store.

Cooking Dinner at Home

Text

For many people, cooking dinner at home is either a relaxing activity or a daily challenge. For Mark, it is a bit of both. After a long day at work, he often feels tired, but he still prefers to cook rather than order takeout.

Before he starts, Mark usually checks what ingredients he has in the fridge. If he is missing something, he has to figure out how to work around it or come up with a different plan. Over time, he has learned how to make simple meals with whatever he has on hand.

One of the first things Mark does is put on some music to help him unwind. Cooking becomes much more enjoyable when he is in a good mood. Then he washes his hands, gets out the necessary ingredients, and begins to prepare everything.

Chopping vegetables is the part he finds most relaxing. He takes his time to cut everything properly, even though he knows he could do it faster. He believes that good preparation makes a big difference in the final result.

Once everything is ready, Mark turns on the stove and starts cooking. He follows the recipe most of the time, but he is not afraid to experiment. Sometimes he adds extra spices or changes a few steps to suit his taste.

Of course, things don't always go as planned. There are moments when he overcooks the meat or forgets to set a timer. When that happens, he tries not to get upset and instead learns from his mistakes.

Another challenge is cleaning as he goes. Mark used to leave everything until the end, which made the kitchen a mess. Now he tries to wash dishes and wipe surfaces while the food is cooking. This habit saves him a lot of time later.

While dinner is on the stove, Mark often sets the table and gets everything ready. By the time the meal is done, he wants to be able to sit down and enjoy it right away.

Cooking at home also allows him to eat healthier and save money. He knows exactly what goes into his food, and he can control the portion sizes. This makes a big difference in how he feels.

In the end, even if the meal is not perfect, Mark feels satisfied. Cooking dinner at home is not just about food — it is also a way to relax, be creative, and take care of himself.

Vocabulary: Useful Expressions

order takeout — заказывать еду на вынос

Example: We decided to order takeout tonight.

check what one has — проверить, что есть

Example: Check what you have before shopping.

figure out — разобраться, найти решение

Example: I need to figure out what to cook.

work around (a problem) — обойти проблему

Example: We worked around the issue.

come up with (a plan/idea) — придумать

Example: She came up with a great idea.

have on hand — иметь под рукой

Example: Use whatever ingredients you have on hand.

put on (music, etc.) — включить

Example: He put on some music.

unwind — расслабиться

Example: I watch TV to unwind.

get out (ingredients/tools) — достать

Example: She got out all the ingredients.

prepare everything — подготовить всё

Example: Prepare everything before cooking.

take one's time — не спешить

Example: Take your time when cooking.

make a difference — иметь значение

Example: Small details make a difference.

turn on (the stove) — включить (плиту)

Example: Turn on the stove.

follow a recipe — следовать рецепту

Example: He followed the recipe carefully.

be afraid to (do something) — бояться

Example: Don't be afraid to try.

go as planned — идти по плану

Example: Everything went as planned.

overcook — пережарить / переварить

Example: Don't overcook the meat.

set a timer — поставить таймер

Example: Set a timer for 10 minutes.

get upset — расстраиваться

Example: Don't get upset over mistakes.

clean as you go — убирать по ходу дела

Example: Try to clean as you go.

leave something until the end — оставлять на потом

Example: Don't leave everything until the end.

be a mess — быть в беспорядке

Example: The kitchen was a mess.

wipe surfaces — протирать поверхности

Example: Wipe the surfaces after cooking.

set the table — накрывать на стол

Example: She set the table.

sit down and enjoy — сесть и насладиться

Example: Let's sit down and enjoy the meal.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

We were too tired, so we decided to _____.

I need to _____ what ingredients I have.

He had to _____ a solution quickly.

She used what she _____ and made a great dish.

Cooking helps me _____ after a long day.

Make sure you _____ before you start cooking.

He forgot to _____ and burned the food.

Try not to _____ if something goes wrong.

The kitchen was _____ because he didn't clean.

Let's _____ and enjoy this dinner together.

Cleaning and Household Chores

Text

For many people, cleaning and household chores are things they tend to put off for as long as possible. However, for Sarah, keeping her home clean and organized is an important part of her daily routine. She believes that a tidy space helps her feel calm and focused.

Sarah usually starts her day by making her bed and putting things back in their place. She has noticed that small habits like these help her stay on top of bigger tasks. Instead of letting chores pile up, she prefers to deal with them right away.

During the week, Sarah doesn't have much time for deep cleaning, so she focuses on quick tasks. She wipes down surfaces, does the dishes, and takes out the trash. These simple actions don't take long, but they make a big difference in how her home looks and feels.

One of the things Sarah has learned is that it is easier to keep a place clean than to clean it from scratch. When things get out of hand, it can be overwhelming to figure out where to start. That's why she tries to stick to a routine and not let things get too messy.

On weekends, Sarah sets aside more time for household chores. She vacuums the floors, mops the kitchen, and does the laundry. Sometimes it feels like there is always something to do, but she has found ways to make the process more enjoyable.

For example, she often puts on music or a podcast while cleaning. This helps her pass the time and makes the tasks feel less boring. She also breaks big tasks into smaller ones, so they don't seem so difficult to handle.

Another challenge is staying motivated. There are days when Sarah doesn't feel like doing any chores at all. On those days, she reminds herself that even a little effort is better than nothing. She might start with just one task, and once she gets going, it becomes easier to continue.

Sarah also tries to involve other members of her household. She believes that everyone should do their part to keep the home clean. Sharing responsibilities not only reduces the workload but also makes the process faster and more efficient.

Of course, things don't always go perfectly. There are times when she gets distracted or runs out of energy. When that happens, she doesn't blame herself. Instead, she simply picks up where she left off and continues later.

In the end, Sarah knows that cleaning and household chores are a part of everyday life. By staying organized and consistent, she manages to keep her home in good condition without too much stress.

Vocabulary: Useful Expressions

put off — откладывать

Example: Don't put off cleaning your room.

keep something clean — поддерживать чистоту

Example: It's important to keep your space clean.

tidy space — аккуратное пространство

Example: A tidy space helps you concentrate.

put things back in their place — убирать вещи на место

Example: Always put things back in their place.

stay on top of — держать под контролем

Example: Try to stay on top of your tasks.

pile up — накапливаться

Example: The dishes started to pile up.

deal with — справляться с

Example: Deal with problems early.

right away — сразу

Example: I'll do it right away.

wipe down — протирать

Example: Wipe down the table.

take out the trash — выносить мусор

Example: Don't forget to take out the trash.

make a difference — иметь значение

Example: Small efforts make a difference.

from scratch — с нуля

Example: Cleaning from scratch takes time.

get out of hand — выйти из-под контроля

Example: The mess got out of hand.

figure out where to start — понять, с чего начать

Example: I couldn't figure out where to start.

set aside (time) — выделить (время)

Example: Set aside time for cleaning.

pass the time — скоротать время

Example: Music helps pass the time.

break into smaller tasks — разбить на мелкие задачи

Example: Break the work into smaller tasks.

feel like (doing something) — хотеть

Example: I don't feel like cleaning today.

get going — начать действовать

Example: Once you get going, it's easier.

do one's part — выполнять свою часть

Example: Everyone should do their part.

reduce the workload — уменьшить нагрузку

Example: Sharing tasks reduces the workload.

run out of energy — выдохнуться

Example: I ran out of energy by evening.

blame oneself — винить себя

Example: Don't blame yourself for small mistakes.

pick up where one left off — продолжить с того же места

Example: Let's pick up where we left off.

keep something in good condition — поддерживать в хорошем состоянии

Example: He keeps his car in good condition.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

Don't _____ your chores until the weekend.

Try to _____ your room clean every day.

The work started to _____ because we ignored it.

She decided to _____ the problem immediately.

Don't let things _____ — clean regularly.

I couldn't _____, so I just started anywhere.

She _____ some time on Saturday for cleaning.

Listening to music helps _____ while doing chores.

I didn't _____ cleaning, but I did it anyway.

After a break, he _____ and finished the job.

A Lazy Weekend

Text

After a long and exhausting week at work, Jake always looks forward to the weekend. Unlike some of his friends who prefer to stay busy, Jake enjoys taking it easy and doing as little as possible. For him, a lazy weekend is the perfect way to recharge and get his energy back.

On Saturday morning, Jake doesn't set an alarm. He wakes up naturally, often much later than usual. Instead of jumping out of bed, he lies there for a while, scrolling through his phone and slowly waking up. He believes it's important to give himself time to relax and ease into the day.

Eventually, he gets up and heads to the kitchen to make breakfast. There is no rush, so he takes his time preparing something he really enjoys, like pancakes or eggs with toast. While eating, he might watch a TV show or listen to music.

After breakfast, Jake usually lounges around the apartment. He might sit on the couch, watch a movie, or read a book. Sometimes he plans to do something productive, but more often than not, he ends up putting it off until later.

In the afternoon, Jake may decide to go out for a short walk, especially if the weather is nice. Fresh air helps him clear his mind and feel a bit more active. However, he doesn't like to overdo it — a simple прогулка is enough for him.

One of Jake's favorite weekend activities is ordering food instead of cooking. He enjoys trying different cuisines and not having to worry about washing dishes afterward. It feels like a small reward after a busy week.

On Sunday, Jake sometimes starts to feel a bit guilty for not being productive. He thinks about all the things he could have done but didn't. Still, he reminds himself that rest is important and that he needs time to recharge.

To make himself feel better, he might do a few small tasks, like cleaning up his apartment or preparing for the upcoming week. This helps him feel more in control and ready to get back to work.

By Sunday evening, Jake tries to wind down and get ready for Monday. He might take a shower, prepare his clothes, and go to bed a bit earlier than usual. Although the weekend went by quickly, he feels more relaxed and refreshed.

For Jake, a lazy weekend is not about wasting time. It is about slowing down, enjoying simple things, and taking a break from daily responsibilities. In the end, this balance helps him stay productive during the week.

Vocabulary: Useful Expressions

look forward to — с нетерпением ждать

Example: I look forward to the weekend.

take it easy — расслабиться, не напрягаться

Example: Just take it easy today.

do as little as possible — делать как можно меньше

Example: I just want to do as little as possible.

recharge (one's energy) — восстановить силы

Example: I need the weekend to recharge.

wake up naturally — просыпаться без будильника

Example: I woke up naturally this morning.

lie in (bed) — валяться в постели

Example: She stayed in bed and lay in all morning.

scroll through — листать

Example: He scrolled through his messages.

ease into (the day) — плавно войти в день

Example: I like to ease into the day.

there is no rush — спешки нет

Example: Take your time, there is no rush.

take one's time — не спешить

Example: She took her time getting ready.

lounge around — бездельничать

Example: He spent the day lounging around.

more often than not — чаще всего

Example: More often than not, I stay home.

put off — откладывать

Example: Don't put off your work.

go out for a walk — выйти на прогулку

Example: Let's go out for a walk.

clear one's mind — проветрить голову

Example: A walk helps clear your mind.

overdo it — переусердствовать

Example: Don't overdo it at the gym.

order food — заказывать еду

Example: Let's order food tonight.

feel guilty — чувствовать вину

Example: I feel guilty for not studying.

get back to — вернуться к

Example: I need to get back to work.

clean up — прибраться

Example: I need to clean up my room.

prepare for (something) — готовиться к

Example: Prepare for the week ahead.

wind down — расслабляться перед сном

Example: I watch TV to wind down.

go by quickly — быстро проходить

Example: The weekend went by quickly.

slow down — замедлиться

Example: You need to slow down sometimes.

take a break — сделать перерыв

Example: Take a break and relax.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

I really _____ the weekend after a busy week.

You should _____ and not worry so much.

I stayed in bed and _____ for hours.

He was just _____ his phone all morning.

Don't worry, _____ — we have plenty of time.

She spent the whole day _____ and watching TV.

I keep _____ my tasks until Sunday evening.

A short walk helps me _____.

Try not to _____ — you don't need to do everything.

The holidays always _____.

Running Errands Around Town

Text

For many people, running errands is an unavoidable part of everyday life. For Lisa, it is something she tries to plan carefully so that she can get everything done efficiently. Instead of going out multiple times a week, she prefers to set aside one day to take care of all her tasks.

Lisa usually starts by making a list of things she needs to do. This may include going to the bank, picking up a package, buying groceries, and dropping off some clothes at the dry cleaner's. Having a clear plan helps her stay organized and avoid wasting time.

Before heading out, Lisa checks the opening hours of the places she needs to visit. She has learned that showing up at the wrong time can completely throw off her schedule. To make things easier, she tries to group tasks that are close to each other.

Once she leaves the house, Lisa begins to work through her list step by step. Her first stop is often the bank, where she takes care of any financial matters. If there is a long line, she tries to stay patient and not let it slow her down too much.

Next, she might stop by the post office to pick up a package. Sometimes there are delays, and she has to come back later, which can be frustrating. Still, she tries to make the most of her time and move on to the next task.

While running errands, Lisa often runs into small problems. For example, a store might be closed, or an item she needs might not be available. When that happens, she has to think on her feet and come up with an alternative solution.

Transportation is another important factor. If everything is within walking distance, Lisa prefers to go on foot. Otherwise, she may take public transport or drive. Traffic and delays can sometimes get in the way, but she does her best to stay on schedule.

One thing Lisa has learned over time is not to take on too much in one day. In the past, she tried to do everything at once and ended up feeling exhausted. Now she knows it's better to spread tasks out if necessary.

After completing all her errands, Lisa heads back home feeling productive. Even though running errands can be tiring, she enjoys the sense of accomplishment that comes with finishing everything on her list.

In the end, running errands is all about staying organized, being flexible, and managing your time well. With the right approach, what seems like a long list of tasks can be handled without too much stress.

Vocabulary: Useful Expressions

run errands — выполнять мелкие дела

Example: I need to run some errands today.

be an unavoidable part of — быть неизбежной частью

Example: Stress is an unavoidable part of life.

set aside (time/day) — выделить

Example: She set aside a day for errands.

take care of (tasks) — разобраться с делами

Example: I need to take care of a few things.

make a list — составить список

Example: Make a list before you go out.

pick up (a package) — забрать

Example: I need to pick up a package.

drop off — отнести, оставить

Example: She dropped off the clothes.

stay organized — оставаться организованным

Example: Try to stay organized.

waste time — тратить время

Example: Don't waste time.

head out — отправиться

Example: Let's head out.

throw off (a schedule) — сбить план

Example: This delay threw off my schedule.

group tasks — объединять задачи

Example: Group tasks to save time.

work through (a list) — проходить по списку

Example: She worked through her list.

first stop — первая остановка

Example: The bank was my first stop.

slow someone down — замедлять

Example: Traffic slowed us down.

stop by — заскочить

Example: I'll stop by the store.

come back later — вернуться позже

Example: Come back later, please.

make the most of — использовать по максимуму

Example: Make the most of your time.

run into (problems) — столкнуться с проблемами

Example: We ran into some issues.

think on one's feet — быстро соображать

Example: You need to think on your feet.

come up with (a solution) — придумать решение

Example: He came up with a plan.

get in the way — мешать

Example: Don't let fear get in the way.

take on too much — брать на себя слишком много

Example: Don't take on too much.

at once — сразу

Example: I did everything at once.

spread out (tasks) — распределить

Example: Spread out your tasks.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

I need to _____ before the weekend.

She _____ some time to finish her tasks.

Don't forget to _____ your package.

This delay might _____ our plans.

Try to _____ to save time.

He started to _____ and completed everything.

I'll _____ your place on my way home.

We _____ some unexpected problems.

You need to _____ and react quickly.

Don't _____ — you'll get too tired.

Dealing with Bad Weather

Text

Bad weather is something everyone has to deal with from time to time. For Olivia, it is more than just an inconvenience — it can affect her mood, plans, and daily routine. Still, she has learned how to adapt and make the best of difficult conditions.

One morning, Olivia woke up to the sound of heavy rain hitting the windows. She had planned to go out early, but the weather made her reconsider. Instead of rushing out, she decided to check the forecast and see if the situation would improve later in the day.

As she looked outside, she noticed that the streets were already flooded in some areas. This meant that getting around could be more difficult than usual. Public transport might be delayed, and driving could take much longer. Situations like this often throw off her schedule.

Despite the bad weather, Olivia knew she still had responsibilities to take care of. She couldn't just stay at home and wait for the rain to stop. So she got dressed, grabbed her umbrella, and headed out, hoping for the best.

Walking in the rain is never pleasant. Within minutes, her shoes were wet, and the wind made it hard to keep her umbrella steady. At one point, a strong gust nearly turned it inside out. Moments like these made her want to give up and go back home.

However, Olivia tried to stay positive. She reminded herself that bad weather doesn't last forever. To make things easier, she focused on what she could control. She walked carefully, avoided large puddles, and gave herself extra time to reach her destination.

While on her way, Olivia noticed that many people seemed stressed and in a hurry. Traffic was moving slowly, and buses were running behind schedule. It was clear that the weather was affecting everyone, not just her.

After finishing her tasks, Olivia decided to reward herself. She stopped by a small café to warm up and dry off. Sitting inside with a hot drink, she began to feel much better. Taking a short break helped her recharge and improve her mood.

By the time she left the café, the rain had started to ease up. The sky was still gray, but things were slowly getting back to normal. Olivia realized that the day had not been as bad as she had expected.

In the end, dealing with bad weather is all about attitude and preparation. Even when conditions are far from ideal, staying calm and flexible can make a big difference.

Vocabulary: Useful Expressions

deal with — справляться с

Example: We all have to deal with problems.

from time to time — время от времени

Example: I travel from time to time.

make the best of — извлечь максимум

Example: Try to make the best of the situation.

wake up to (something) — проснуться и обнаружить

Example: She woke up to heavy snow.

reconsider — пересмотреть решение

Example: He reconsidered his plans.

check the forecast — проверить прогноз

Example: Always check the forecast.

get around — передвигаться

Example: It's hard to get around in bad weather.

throw off (a schedule) — сбить план

Example: The delay threw off my schedule.

take care of (responsibilities) — заниматься делами

Example: I need to take care of my tasks.

head out — выйти, отправиться

Example: She headed out despite the rain.

hope for the best — надеяться на лучшее

Example: Let's hope for the best.

give up — сдаваться

Example: Don't give up easily.

stay positive — сохранять позитивный настрой

Example: Try to stay positive.

doesn't last forever — не длится вечно

Example: Bad times don't last forever.

focus on — сосредоточиться на

Example: Focus on your goals.

avoid (something) — избегать

Example: Avoid dangerous situations.

in a hurry — спешить

Example: Everyone was in a hurry.

run behind schedule — отставать от расписания

Example: The train is running behind schedule.

warm up — согреться

Example: Let's go inside to warm up.

dry off — высохнуть

Example: He dried off with a towel.

take a break — сделать перерыв

Example: Take a break when you're tired.

ease up — ослабевать

Example: The rain started to ease up.

get back to normal — вернуться к норме

Example: Things are getting back to normal.

not as bad as expected — не так плохо, как ожидалось

Example: The test was not as bad as expected.

far from ideal — далеко от идеального

Example: The conditions were far from ideal.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

We all have to _____ difficult situations.

Try to _____ even when things go wrong.

She decided to _____ her plans because of the weather.

Don't forget to _____ before going out.

The delay _____ our entire schedule.

He didn't want to _____, even though it was hard.

Let's _____ and see what happens.

The bus is _____ because of traffic.

We went inside to _____ and have a drink.

The situation was _____, but we managed.

Staying Healthy

Text

For many people, staying healthy is a goal they think about but don't always act on. For Alex, however, it has become a priority. After experiencing several health issues in the past, he decided to make some changes and take better care of himself.

Alex understands that staying healthy is not about making one big change, but about building good habits over time. He started by looking at his daily routine and figuring out what needed to be improved. At first, it felt overwhelming, but he chose to focus on small, manageable steps.

One of the first things Alex worked on was his diet. He used to eat a lot of fast food and often skipped meals. Now, he tries to eat balanced meals and include more fruits and vegetables. He also makes an effort to drink enough water throughout the day.

Exercise is another important part of his routine. Alex doesn't go to the gym every day, but he tries to stay active. He goes for walks, does simple workouts at home, and occasionally joins friends for sports activities. The key for him is to keep moving and not become too sedentary.

Getting enough sleep has also made a big difference. In the past, Alex would stay up late and wake up feeling tired. Now, he tries to go to bed at the same time every night and get at least seven to eight hours of sleep. This helps him feel more energetic and focused during the day.

Of course, staying healthy is not always easy. There are days when Alex feels too tired to exercise or tempted to eat unhealthy food. When that happens, he tries not to be too hard on himself. Instead of giving up, he reminds himself why he started and gets back on track.

Stress is another factor that can affect health. Alex has learned to deal with stress in healthier ways. He takes breaks when needed, spends time with friends, and practices simple relaxation techniques. These habits help him stay calm and avoid burnout.

Another important aspect of staying healthy is regular check-ups. Alex makes sure to visit the doctor from time to time, even when he feels fine. He believes that prevention is better than cure.

Over time, these small changes have started to add up. Alex feels stronger, more energetic, and more confident. He knows that staying healthy is a long-term commitment, not a quick fix.

In the end, staying healthy is about balance. It's not necessary to be perfect, but it is important to be consistent. By taking small steps and staying committed, anyone can improve their health and quality of life.

Vocabulary: Useful Expressions

stay healthy — оставаться здоровым

Example: It's important to stay healthy.

make changes — вносить изменения

Example: He decided to make some changes.

take care of oneself — заботиться о себе

Example: You need to take care of yourself.

over time — со временем

Example: You will improve over time.

figure out — разобраться

Example: I need to figure out what to do.

feel overwhelming — казаться подавляющим

Example: The task felt overwhelming.

focus on — сосредоточиться на

Example: Focus on your goals.

small steps — маленькие шаги

Example: Start with small steps.

work on (something) — работать над

Example: He is working on his habits.

skip meals — пропускать приемы пищи

Example: Don't skip meals.

make an effort — прилагать усилия

Example: She made an effort to improve.

throughout the day — в течение дня

Example: Drink water throughout the day.

stay active — оставаться активным

Example: Try to stay active.

go for a walk — пойти на прогулку

Example: Let's go for a walk.

keep moving — продолжать двигаться

Example: Keep moving to stay fit.

get enough sleep — высыпаться

Example: It's important to get enough sleep.

stay up late — поздно ложиться

Example: Don't stay up late.

make a difference — иметь значение

Example: Sleep makes a difference.

be too hard on oneself — быть слишком строгим к себе

Example: Don't be too hard on yourself.

give up — сдаваться

Example: Don't give up.

get back on track — вернуться к плану

Example: Try to get back on track.

deal with stress — справляться со стрессом

Example: Learn to deal with stress.

avoid burnout — избегать выгорания

Example: Take breaks to avoid burnout.

from time to time — время от времени

Example: Visit the doctor from time to time.

add up — накапливаться

Example: Small changes add up.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

He decided to _____ and improve his lifestyle.

You should _____ and not ignore your health.

Progress happens _____, not overnight.

Try to _____ what works best for you.

Start with _____ instead of big changes.

Don't _____ — eat regularly.

She tries to _____ every day.

It's important to _____ if you want more energy.

Don't _____ if you miss a workout.

After a break, it's good to _____.

The First Day at a New Job

Text

Starting a new job can be exciting, but it can also be stressful. For Emma, her first day at a new office was a mixture of anticipation and nervousness. She wanted to make a good impression while figuring out the company's routines and expectations.

Emma arrived early, giving herself plenty of time to get settled. She knew that being punctual was important, especially on the first day. After signing in at the reception, she was introduced to her supervisor and her new colleagues. Everyone seemed friendly, but it took her a while to remember all the names.

One of the first tasks Emma faced was setting up her workspace. She organized her desk, arranged her stationery, and made sure her computer and email were working properly. She wanted everything to be ready before starting her assignments.

Throughout the day, Emma attended several meetings. At first, it was a bit overwhelming to follow all the new procedures and terminology. She tried to take notes and ask questions when necessary, knowing that it was better to clarify things early than make mistakes later.

Lunch was another challenge. Emma wasn't sure where to go or who to sit with, but she decided to join a few colleagues in the cafeteria. This turned out to be a good choice, as she got to know people in a more relaxed setting.

In the afternoon, she began working on her first assignment. Emma felt a bit anxious, but she reminded herself to take one step at a time and not rush. She double-checked her work and asked for feedback when needed, which helped her feel more confident.

During the day, Emma realized that small gestures can make a big difference. Smiling, greeting colleagues, and being polite helped her build rapport. She also tried to observe the company culture — how people communicated, what the norms were, and what was considered acceptable behavior.

By the end of the day, Emma felt exhausted but accomplished. She had survived her first day, learned a lot, and made a few friends. While there were moments of uncertainty, she knew that things would get easier with time.

In the end, starting a new job is a learning experience. Being prepared, staying positive, and taking small steps can help anyone adapt to a new environment successfully. Emma looked forward to the next day with a sense of optimism and confidence.

Vocabulary: Useful Expressions

- start a new job — начать новую работу
Example: She started a new job last week.
- exciting but stressful — волнительно, но стрессово
Example: The first day was exciting but stressful.
- make a good impression — произвести хорошее впечатление
Example: She wanted to make a good impression.
- figure out (routines/procedures) — разобраться
Example: It took her time to figure out the system.
- arrive early — прийти заранее
Example: Always try to arrive early.
- be punctual — быть пунктуальным
Example: Being punctual is important.
- sign in — зарегистрироваться
Example: Sign in at the reception.
- be introduced to — быть представленным
Example: She was introduced to her colleagues.
- set up (workspace) — организовать рабочее место
Example: Set up your desk before starting.
- organize (desk/stationery) — привести в порядок
Example: Organize your desk and supplies.
- make sure — убедиться
Example: Make sure everything works.
- attend meetings — посещать совещания
Example: She attended several meetings.
- take notes — делать заметки
Example: Take notes during the presentation.
- ask questions — задавать вопросы
Example: Don't hesitate to ask questions.
- clarify things — прояснить
Example: Clarify things early to avoid mistakes.
- join colleagues — присоединиться к коллегам
Example: She joined her colleagues for lunch.
- take one step at a time — идти шаг за шагом
Example: Take one step at a time.
- double-check — перепроверить
Example: Double-check your work before submitting.
- ask for feedback — попросить обратную связь
Example: Ask for feedback from your supervisor.
- build rapport — наладить хорошие отношения
Example: Small gestures help build rapport.
- observe (company culture) — наблюдать
Example: Observe how people communicate.
- acceptable behavior — приемлемое поведение
Example: Learn what is considered acceptable behavior.
- feel accomplished — чувствовать удовлетворение
Example: She felt accomplished after finishing her tasks.

adapt to a new environment — адаптироваться

Example: It takes time to adapt to a new environment.

look forward to — с нетерпением ждать

Example: She looked forward to the next day.

Exercise: Fill in the Gaps

Fill in the gaps using the expressions from the list.

Starting a new job can be exciting but _____.

She wanted to _____ with her supervisor and colleagues.

Конец ознакомительного фрагмента.

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