How to talk about relax & relaxing

Make someone feel less worried

- **Reassure** — to make someone feel calmer and less worried or frightened about a problem or situation
- **Put sb's mind at rest**
- **Soothe** — to make someone feel calmer and less anxious, upset, or angry
- **Allay** — allay (somebody's) fear/concern/suspicion etc to make someone feel less afraid, worried etc
- **/ Console /** — to make someone feel better when they are feeling sad or disappointed

Free Time

- **Spare time**
- **Leisure time**
- **Time to kill/burn**
- **Downtime** — a period of time when you have finished what you were doing, and you can relax or do something that you had not originally planned to do
- **Breathing space** — a short time when you have a rest from doing something before starting again

Relax...ing

- **R&R - rest and relaxation**
- **Unwind** — to relax and stop feeling anxious
- **Chill out** — to relax completely instead of feeling angry, tired, or nervous
- **Put your feet up**
- **Potter** — to spend time doing pleasant things that are not important without hurrying

Not worried

- **Unconcerned** — not worried about something because you think it does not affect you
- **Carefree** — having no worries or problems
- **Without a care in the world**

Relaxed person

- **Placid** — Not easily excited or irritated
- **Laid-back** — relaxed and seeming not to be worried about anything
- **Unfazed** — Not worried by sth bad happening around
- **Composed** — Calm and in control of your emotions