

EXPRESSING EMOTIONS

RELAXATION

Adjectives

Calm

Comfortable

Relaxed

Serene

Balanced

Aware

Meditative

Graceful

Grateful

Carefree

Unburdened

Glowing

Radiant

Light

Spontaneous



Expressions

At ease

Take it easy

Give it a rest

Take a chill pill

Breathing room

Off duty

Chill out

Loosen up

What a relief

Put your feet up

