

:: Summary

This post explains the phrasal verb “stressed out” and how it is used. The phrase means “anxiety or fatigue because of external pressures which makes it impossible to relax”. The post also explains that the word “stressed” and the phrase “stressed out” mean basically the same thing and can be used interchangeably, but “stressed out” is a little more intense.

:: Exercises

Translate and find the words:

	A	Q	W	I	M	P	O	S	S	I	B	L	E
1. estressado	Z	S	S	D	C	V	F	G	B	N	H	J	M
2. ansiedade	F	F	T	T	F	A	T	I	G	U	E	O	L
3. cansaço	Q	A	E	R	T	Y	U	I	O	R	L	K	H
4. pressao	Y	N	I	O	E	K	J	H	U	F	D	R	A
5. impossível	Z	X	C	V	B	S	M	S	J	H	F	E	S
6. relaxar	R	I	V	C	D	E	S	W	S	X	Z	L	Q
	L	E	O	I	K	E	J	E	Y	H	N	A	G
	A	T	K	M	R	S	H	N	D	F	R	X	G
	Q	Y	D	P	G	V	C	S	B	W	R	D	C

:: Vocab words

increasingly	progressivamente
due to	devido ao
quickenning	apressar
pace of life	ritmo da vida
between	entre
general	geral

interchangeably	de modo que possam ser trocados
pressures	pressões
no matter	não importa
ensure	assegurar

Answers 1. stressed 2. anxiety 3. fatigue 4. pressure 5. impossible 6. relax