

## Answers to Exercises

### C) Key Words from Context

1. To deal with several tasks at the same time: **to juggle**

*"I am currently **juggling** 3 projects, so it is a really stressful period for me."*

2. Showing a clear and deep understanding of important or intellectual matters: **profound**

*"I was impressed by her **profound** knowledge of the current political landscape."*

#### Useful Collocations:

to have a profound impact on / to have profound knowledge / to have a profound understanding of / to offer profound insights / a profound analysis / to undergo a profound transformation / to have a profound effect on / profound change / profound growth / a profound discovery / to have a profound influence on / to make a profound contribution / to conduct profound research

3. Continuing in an intense way: **relentless**

*"We are struggling to keep up with the **relentless** pressure to stay ahead of our competitors."*

4. To include something as part of a whole: **to incorporate**

*"We need to **incorporate** these important habits into our weekly routine."*

5. To encourage the development of something, especially something positive: **to foster**

*"We aim to **foster** a strong work-ethic among our team members."*

#### Why this is useful in business:

This is useful because we can try to encourage the development of anything which is positive about a business. Companies often use this to express their aims and values.

#### Collocations:

To foster creativity / to foster innovation / to foster togetherness / to foster a positive working atmosphere

6. To enjoy food or to enjoy an experience as much as possible: **to savour**

*"He **savoured** every mouthful of the meal."*

*"I really want to **savour** this beautiful evening."*

7. To express enthusiastic approval for someone or something: **to sing the praises of**

*"She has been **sing the praises** of this new methodology for many weeks now. Maybe we should test the same approach."*

**Why this word is useful in business:**

This is of course similar to the verb 'to praise', but it has more emphasis. We can also sing someone's praises: *"The new recruit is excellent. The boss has been **singing her praises** all week."*

8. To try very hard to make something happen: **to strive to**

*"As a company, we **strive** to provide the best service for our customers."*

**Why this word is useful in business:**

To strive to do something is very similar to 'try to' do something. The difference is that when you strive to do something, you make every possible effort to complete something. This makes the verb a really dynamic alternative to 'try to':

*"We **strive** to provide the best service to our clients."*

*"We are **striving** to solve the issue as soon as possible."*

We can also use 'strive for' [+ noun]: *"We **strive for** perfection."*

**Collocations with 'strive for':**

to strive for perfection / to strive for success / to strive for progress / to strive for greatness / to strive for improvement

9. To prepare and write a document: **to draw up**

*"I have **drawn up** a contract, which they need to sign by the end of the week."*

**Why this word is useful in business:**

'To draw up' something means to prepare and write a document. As there are many documents used in business, this is a very common phrasal verb. Here are some nouns which we use with 'draw up':

**Collocations:**

draw up a contract / draw up an agreement / draw up a proposal / draw up a plan / draw up a blueprint / draw up a list of ... / draw up a budget / draw up a report / draw up a schedule / draw up an itinerary / draw up an agenda / draw up a document

10. To come to an end slowly: **to wind down**

*"The day normally **winds down** at about 4pm."*

*"Trading is **winding down** as we approach the Christmas holidays."*

11. To get inspiration from: **to draw inspiration from**

*"For the advertising campaign, we **drew inspiration from** previous campaigns which had been really successful."*

12. Feeling as if something is too much or too strong for you: **overwhelmed**

*"When I started in the new position, I was completely **overwhelmed** by the fast pace of the industry."*

#### D) Comprehension

**Can you answer the questions below about the text?**

1. According to the author, what are the key benefits of 'Shinrin Yoku'?  
**It can improve your memory, creativity, concentration and friendships.**
2. What are the key differences between 'Fika' and simply drinking a coffee?  
**'Fika' is a deeper concept. It is a mindset concerned with being present and savouring the moment.**
3. What do you think is meant by the phrase 'safe haven' in the 'Slow Radio' section of the article?  
**A safe haven is a place where someone can escape to in order to be safe.**
4. How does the author describe the sounds experienced in 'Slow Radio'?  
**The author says that the sounds are deep, immersive and calming. 'Immersive' here means that you feel as if you are completely surrounded by something.**
5. How can we practise 'ubuntu'?  
**We can practise ubuntu by being kind, generous and compassionate, as well as by building community.**
6. What can 'il dolce far niente' help to counter?  
**It can offer relief from the 'daily grind' and the relentless pressure to achieve. The 'daily grind' is the everyday routine, which especially refers to the daily work routine.**

#### E) Key Words in a New Context

##### **Striking That Elusive Work-Life Balance**

Finding Work-Life Balance in a Busy World: Unveiling the Art of Juggling Responsibilities  
In today's fast-paced and demanding society, many individuals find themselves **overwhelmed** by the **relentless** pursuit of success, often at the cost of neglecting their personal lives. The delicate balance between work and life can seem like an elusive dream, but with the right strategies and mindset, it is possible to achieve a harmonious blend that allows for personal growth, professional accomplishments, and a **profound** sense of fulfillment.

The first step towards finding work-life balance is to [juggle](#) your responsibilities effectively. It's essential to recognize that life comprises more than just work. By understanding your priorities and allocating time accordingly, you can strike a healthy equilibrium between your professional and personal pursuits. Take a step back and assess the different aspects of your life that require attention. Work-life balance is not necessarily about dedicating equal amounts of time to each area, but rather about giving appropriate attention to the things that matter most to you.

It is healthy to [draw inspiration](#) not only from people who have achieved great things in their career, but also people who have done great things for their community or built a happy family life. Today's society tends to [sing the praises](#) of those who earn huge sums, work round the clock or make it to the top of the career ladder, whilst at the same time ignoring those who [foster](#) a healthy family environment. Learn from those who have faced similar challenges and have discovered effective methods to [incorporate](#) their passions, hobbies, and relationships into their busy schedules.

It's important to incorporate self-care activities into your routine to ensure you have time to wind down and recharge. Engage in activities that bring you joy and help you relax, whether it's reading a book, practising mindfulness, or pursuing a hobby. [Drawing up](#) a specific schedule for these activities listen to your mind and body's signals, as they can guide you towards a balanced lifestyle.

While [striving](#) to excel in your professional endeavours, it's equally important to [savour](#) and appreciate the moments spent outside of work. Cherish quality time with loved ones, engage in meaningful conversations, and create memories that will last a lifetime. The true essence of work-life balance lies in finding fulfilment and happiness in both spheres.

In the pursuit of work-life balance, it is essential to acknowledge that perfection is simply unattainable. Embrace the imperfections and learn to adapt to the ever-changing demands of life. Be kind to yourself and celebrate your achievements, no matter how small they may seem.

Finally, it's crucial to seek out employers who offer a healthy work environment, offer flexible schedules, and encourage their employees to maintain a fulfilling personal life. By choosing to work for organizations that value work-life balance, you increase the likelihood of achieving the equilibrium you desire.