










IDIOMS – PHYSICAL AND MENTAL HEALTH


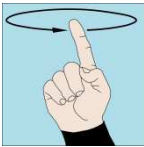

On the basis of the given pictures complete the idioms, explain their meaning and then fill in the text.

1.   _____ and _____

2.    _____ a _____




3.   as _____ as a _____



4.   _____ oneself _____

5.    _____ the _____

6.

Excited	Sad	Angry	Sick
Surprised	Happy	Unhappy	Bored

   _____ the _____ of the _____

7.   _____ the _____

Yesterday I bumped into Sara on my way to work. We decided to go for a coffee. She was looking slightly _____ the _____.¹ She told me she was working long hours without visible effects, so I thought that she had _____ herself _____.² I asked about it, but she only vaguely admitted that she was a bit _____ the _____.³ I couldn't really believe that, because I remembered she had been very active and as _____ as a _____.⁴ Then she admitted that she would soon be _____ and _____⁵ again and, furthermore, she would _____⁶ the _____ of the _____.⁷ I finally understood she is _____ a _____⁸ and I wholeheartedly congratulated her.

Solution:

1. alive and kicking - to be well and healthy
2. in a family way - pregnant, going to have a baby
3. as fit as a fiddle - to be healthy and physically fit
4. burn oneself out - to become very tired and almost sick from doing something for a long time or from working too hard
5. green around the gills - to look sick
6. feel on top of the world - to feel extremely happy
7. under the weather - not feeling well

Yesterday I bumped into Sara on my way to work. We decided to go for a coffee. She was looking slightly green around the gills₁. She told me she was working long hours without visible effects, so I thought that she had burned herself out₂. I asked about it, but she only vaguely admitted that she was a bit under the weather₃ that day. I couldn't really believe that, because I remembered she had been very active and as fit as a fiddle₄. Then she admitted that she would soon be alive and kicking₅ again and, furthermore, she would feel on the top of the world₆. I finally understood she is in a family way₇ and I wholeheartedly congratulated her.