

Take A Rest

babo level: ★ ★ ☆ ☆ ☆

Many Korean students confuse "taking a rest" and "relaxing". They have a different meaning depending on the context of the conversation.

"Taking a rest" is an expression that is usually used for when you are sick, or when you have been working hard and need to rest due to exhaustion.

If you are not sick or exhausted but have nothing planned we usually use the word "relax". For instance, if you are staying home and have nothing planned the expression "I'm going to relax" makes more sense than "I'm going to take a rest."

Incorrect

"What are you doing tonight?" "Nothing. I am going to take a rest."

"Where are you?" "I am at Starbucks taking a rest."

"I've been studying so much lately. I think I'll take a rest with my friends this weekend."

Correct

"What are you doing tonight?" "I'm just going to relax at home."

"Where are you?" "I'm just relaxing at Starbucks."

"I've been studying so much lately. I'm going to relax this weekend with friends."

Tips:

English speakers often say: "I'm going to take it easy." If they don't actually have anything planned and are going to relax. "Take it easy" can also be used in place of "bye" or "see you". For example, "See you later Mike." "Yep, take it easy Steve."

The verb "relaxing" is connected with doing nothing. So, we often connect "relax" with the park, beach, and at home. For instance, "The weather is nice, let's have a picnic and relax at the park." Young people often replace "relax" with "chill". For example, "I'm going to chill with my girlfriend at the beach."

When "taking a rest" Would Be Correct:

As mentioned above, we use "take a rest" when we are exhausted and want to stop and take a break, and also when we are sick and need to recover. Here are several examples where "take a rest" works:

"Let's take a rest. We've been hiking for hours and I'm exhausted."

"Do you want to go out for drinks tonight?" "I can't, the doctor says I should get some rest until my flu clears up. Perhaps another time."

"What are you doing this weekend?" "I'm just going to get some rest. I'm exhausted from working so much overtime at Samsung."

Daily Expressions & Idioms:

1.) **"eat in"**: Means to eat at home instead of going out for food.

"Is it okay with you if we take it easy and eat in tonight?"

2.) **"twenty four seven"**: Means a lot of effort was put into something, or that a particular location is always open (24 hours a day / 7 days a week).

"Over the last month I worked on the project twenty four seven."

"It's very late. Don't you think they will be closed?" "No. They are open twenty for seven. Relax."