**Back up**:

1. To provide support, assistance, help, or reinforcement.

* "I'll back you up in the presentation. If you need any help, just let me know."
* "The team always backs up their captain during challenging games."
* "My friends backed me up when I was going through a difficult time."

1. To corroborate, confirm, or providing evidence or confirmation for something.

* "The witness's statement backs up the victim's version of events."
* "I can back up my claim with supporting documents."
* "I have data that backs up my hypothesis about the experiment."
* "Multiple studies back up the claim that exercise improves mental health."

1. To move in reverse or moving backward, especially when driving a vehicle.

* "Be careful when you back up the car. Check your mirrors and look behind you."
* "I need to back up the car so we can park."
* "The driver had to back up to get out of the tight parking spot."
* "He accidentally bumped into a lamppost while trying to back up."

1. To create a copy or duplicate of data or files for security or preservation.

* "Make sure to back up your important documents regularly."
* "Remember to back up your important files on an external hard drive."
* "I always back up my photos to the cloud to ensure I don't lose them."
* "Make it a habit to back up your computer regularly to prevent data loss."

1. To accumulate or congest, often causing a blockage or delay

* "Due to the construction work, the traffic is backed up for miles."
* "Traffic is backed up due to the accident."
* "The drain was clogged, causing the water to back up in the sink."
* "The delayed flight caused the passengers to back up in the boarding area."

**Carry on:**

1. to continue doing something, or to cause something to continue:
   * *“Let’s carry on this discussion at some other time”*
   * *“Sorry to interrumpt, please, carry on”.*
   * *“You just have to carry on as if nothing has happened”.*
   * *Steve just carried on playing on his computer.*
2. To behave in an uncontrolled, excited or anxious way:
   * “T*he children have been carrying on all day”.*

**Count on:**

1. **Count on smth:** To expect something to happen and make plans based on it.
   * *“I’m counting on the meeting ending on time, or i’ll miss my bus”.*
   * *“Sorry I’m late. I didn’t count on being held up in the traffic”*
   * *“I’m counting on the weather being good for our outdoor picnic tomorrow”.*
   * *“She didn’t count on rain and didn’t bring an umbrella”.*
2. **Count on sb:** 
   * *“You can always count on Michael in a crisis”.*
   * *“Our team is counting on you to deliver a great presentation at the conference”.*

**Free up**: The phrasal verb "free up" means to release, liberate, or make available something that was previously occupied, restricted, or tied up. It implies creating more space, time, resources, or freedom by removing constraints, obstacles, or limitations.

* Time Management: "I need to free up some time in my schedule to attend the meeting."
* Resources: "By outsourcing our customer service, we can free up our employees to focus on core business tasks."
* Traffic: "Implementing a new public transportation system will help free up the congested roads."
* Storage Space: "I need to declutter my house and free up some space in the garage."
* Finances: "By paying off my debt, I can free up some extra money each month."
* Bandwidth: "Upgrading our internet connection will free up the network bandwidth for faster data transfer."
* Parking: "Constructing a new parking lot will free up spaces for employees and visitors."
* Mental Energy: "Taking regular breaks throughout the day can help free up mental energy and improve productivity."
* Creative Flow: "Traveling to new places can inspire and free up my creative thinking."
* Relationships: "Learning to forgive can free up emotional baggage and improve personal relationships."

**Hang out**: to spend a lot of time in a place or with someone.

* “They spent the whole day hanging out by the pool”.
* “I don’t know why she hang out with James, they’ve not got nothing in common”.
* “Haven’t you got anything better to do than hang out at the shopping center?”.
* “They enjoyed hanging out with each other when they were kids”.
* **Socializing with friends**: "Let's hang out at the park this weekend and have a picnic."
* **Spending time together casually**: "I enjoy hanging out with my siblings and watching movies on Friday nights."
* **Meeting up with someone**: "We should hang out for coffee sometime and catch up."
* **Relaxing in a specific location:** "I love to hang out at the beach and soak up the sun."
* **Spending time in a particular establishment**: "We used to hang out at that café after school and play board games."

**Make something up:** to invent something, such as an excuse or a story, often in order to deceive.

* *“My dad was always really good at making up stories”.*
* *“I made up an excuse about having to look after the kids”*
* *“There was no fire – he made it all up”.*
* *“If you can’t think what to write, just make something up”.*
* *“I made up a few words about his role in the company”.*

**Rely on:**

1. To need a particular thing or the help and support of someone or something in order to continue, to work correctly, or to succeed:
   * *“The success of this project relies on everyone making an effort”.*
   * *“I’m relying the garage to fix the car for tomorrow”*
   * *“I rely on you for good advice”*
2. To trust someone or somethin or to expect him, her ori t to behave in a particular way:
   * “*British weather can never be relied on – it’s always changing*”.
   * *“Don’t rely on finding me here when you get back”.*
3. a

**Settle down:**

1. To become familiar with a place and to feel happy and confident in it:
   * “*She quickly sttled down in her new house*”
2. To become calmer:
   * “*Ok everybody, settle down*”
3. To start living in a place where you intend to stay for a long time, usually with your partner:
   * “*Eventually I’d like to settle down and have a family, but not yet*”

**Stress someone out:** to make someone feel nervous and worried.

* *“The pressure of the examns is really stressing out the students”.*
* *“Financial problems can stress people out and affect their mental well-being”.*

**Turn into**: To change and become something or someone different, or to make someone or something do this:

* *“The town turned from a samll seaside resort into a major commercial centre when oil was discovered”.*
* *“Rain in the morning will turn into snow during the afternoon”.*