

Calm English [STILL] - 02

English learning resource · EN

Key words & expressions · English

13 learning entries

Study task: Listen again and notice the expressions you studied.

1 to breathe in

DEF

To draw air into the lungs.

Inhale is the more formal one-word equivalent.

Breathe in slowly through your nose.

She breathed in before answering.

2 to breathe out

DEF

To send air out of the lungs.

Exhale is the more formal one-word equivalent.

Breathe out even more slowly.

He breathed out and relaxed his shoulders.

3 to inhale

DEF

To breathe air into the lungs.

Common in medical, exercise and guided-breathing contexts.

Inhale gently through your nose.

She inhaled deeply before diving.

4 to exhale

DEF

To breathe air out of the lungs.

Often paired with inhale; the stress falls on the second syllable.

Exhale for longer than you inhale.

He exhaled slowly to calm himself.

5 to hold your breath

DEF

To stop breathing for a short time while keeping air in the lungs.

Hold takes a direct object: hold your breath.

Breathe in and hold your breath briefly.

She held her breath under the water.



6

to release tension

DEF

To allow physical or emotional tightness to leave the body.

Release is more deliberate and formal than let go.

Exhale and release the tension in your shoulders.

Stretching helped him release tension.

7

to breathe with depth

DEF

To breathe slowly and deeply rather than using shallow breaths.

A less common but expressive phrase from the episode.

To breathe with depth, let the lower ribs expand.

She practised breathing with greater depth.

8

breathing capacity

DEF

The amount of air the lungs can hold or use.

Capacity often appears with lung, breathing and storage.

Gentle practice can improve awareness of breathing capacity.

The test measured his lung capacity.

9

a steady rhythm

DEF

A regular pattern that does not suddenly speed up or slow down.

Steady commonly modifies pace, breathing, rhythm and progress.

Let your breathing find a steady rhythm.

The train moved with a steady rhythm.

10

to surrender control

DEF

To stop trying to direct every part of a process.

Surrender is emotionally stronger than simply stop controlling.

For one breath, surrender control.

She surrendered control and trusted the team.

11

to drift

DEF

To move slowly without a clear direction.

Used literally for objects and figuratively for attention or thoughts.

Let your attention drift with the breath.

My mind began to drift during the lecture.



12

to settle

DEF

To gradually become calm, still or established.

A versatile verb used for people, dust, emotions and new places.

Feel your body settle with every cycle.

It took a few minutes for the room to settle.

13

to come to rest

DEF

To stop moving and reach a calm final position.

A gentle, slightly formal alternative to stop.

Let every thought slowly come to rest.

The leaf came to rest on the water.

