

ŚRODKI JEZYKOWE

OPEN GAPS, czyli luki otwarte

Complete the gaps with one suitable word.

When Rest Feels Like Failure

Modern work culture often convinces us that being busy is the same 1._____ being valuable. Many people measure their worth not 2._____ who they are, but by what they do and how much they produce. As a result, the idea of taking time 3._____ to rest can feel unreasonable, even selfish. The irony is that our productivity obsession rarely makes us happier or more effective. In fact, constantly pushing ourselves leads to exhaustion, and in 4._____ end, many find themselves achieving less, not more. Some workers even report feeling anxious 5._____ they are not “doing enough,” even during evenings or weekends. Yet research shows that genuine creativity and deep focus flourish when we allow space for doing nothing. 6._____ recent studies suggest that periods of rest are essential for long-term motivation and clarity. But embracing rest requires unlearning years of conditioning. We often believe that success belongs only to those who hustle, no matter 7._____ the cost.

To challenge this mindset, we need to celebrate balance as much as achievement. Rather 8._____ asking “What did you do today?”, try asking “How did you feel today?” That small shift may be the first step toward a healthier, more sustainable relationship with productivity.

Odpowiedzi

1. as
2. by
3. off
4. the
5. when
6. Some
7. what
8. than