

UNWIND

Meaning: Unwind: to relax and release tension after a period of stress or activity.

1. After a long week at work, I like to unwind with a good book and a cup of tea.
2. Yoga has become my favorite way to unwind and clear my mind after a hectic day.
3. She took a long walk in the park to unwind and reflect on her thoughts.
4. To help him unwind, his friends planned a weekend getaway to the mountains.
5. Listening to music in the evening is how she chooses to unwind and relax.
6. After a long week at work, I like to unwind by reading a good book in my favorite chair.
7. Yoga sessions help me unwind and clear my mind of daily stressors.
8. He decided to unwind by taking a leisurely stroll along the beach at sunset.
9. Listening to music is one of the best ways for her to unwind after a hectic day.
10. They planned a weekend getaway to unwind and recharge their batteries in the countryside.

Source: sentences.whatistheurl.com

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