

January blues? – Glossary

barbecue noun [count]

a meal at which meat and other food is cooked and eaten outside, often a meal that you invite friends to

bearable adjective

something that is bearable is difficult or unpleasant, but you are able to accept or deal with it

blues noun [plural]

a feeling of sadness and loss

cosy adjective

warm and comfortable, and making you feel relaxed
a cosy little house

depressing adjective

something that is depressing makes you feel very unhappy and disappointed
We had a week of dull depressing weather.

down adjective

unhappy or sad
He's been feeling very down since his wife went away.

expectation noun [count] [usually plural]

a belief that something should happen in a particular way, or that someone or something should have particular qualities or behaviour
parents with high expectations of their children

festive adjective

connected with a festival or celebration, especially Christmas
He was glad to be home for the festive season.

give up phrasal verb

to stop doing something that you do regularly
His wife finally persuaded him to give up smoking.

gorgeous adjective

very beautiful
Mandy was there, looking gorgeous as usual.

hardly adverb

used for saying that something is almost not true or almost does not happen at all
It hardly ever rains here in the summer.

highlight noun [count]

The highlight of the trip was visiting the Great Wall of China.

invigorating adjective

making you feel that you have more energy
an invigorating walk/swim/shower

around/round the corner phrase

coming very soon
Spring is just around the corner.

lack noun [singular/uncount]

a situation in which you do not have any, or enough, of something that you need or want
Most of his problems stem from a lack of confidence.

log noun [count]

a thick piece of wood cut from a tree
a roaring log fire

look forward to something phrasal verb

to feel happy and excited about something that is going to happen
He had worked hard and was looking forward to his retirement.

overeat verb

to eat more food than your body needs

pounds noun [count]

a unit for measuring weight, used in several countries including the US and the UK

put on phrasal verb

if you put on weight, you become fatter
I've put on 2kg in the last month.

resolution noun [count]

a serious decision to do something
Make a resolution to go to the gym once a week.

sale noun [count]

an event or period of time during which a shop reduces the prices of some of its goods
the start of the after-Christmas sales

struggle verb

to try hard to do something that you find very difficult
She was struggling to cope with the demands of her work.

sunset noun [count]

the appearance of the sky when the sun goes down below the horizon at the end of a day
a beautiful red and golden sunset