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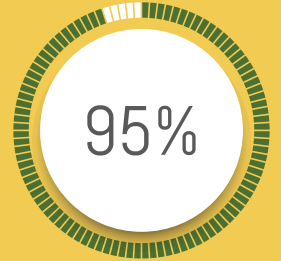
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Slang & Colloquial Language

Dealing with Stress and Pressure

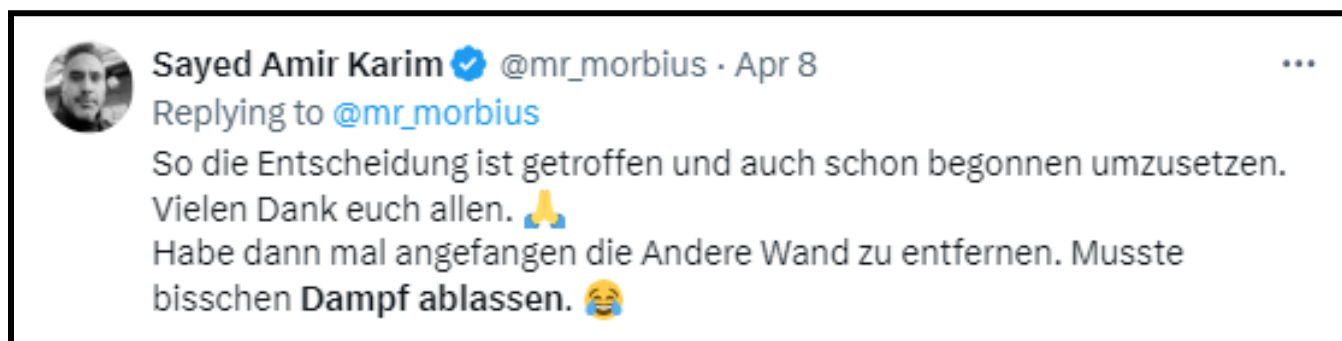
Managing stress and pressure is an essential skill in any professional environment, affecting not only personal health but also work performance and interpersonal relationships in the workplace. Here are some key concepts and practices specifically aimed at dealing with stressful situations and pressure in the office:

1. „Dampf ablassen“	"Expressing anger or stress in an often loud manner."
2. „Am Rad drehen“	"Acting irrationally or rashly under pressure; also: be very stressed."
3. „Bis über beide Ohren“	"To be very busy or deeply involved in something."
4. „Die Wände hochgehen“	"Feeling extremely frustrated or stressed."
5. „Auf dem Zahnfleisch gehen“	"Becoming very exhausted, often after a long period of stress or overwork."
6. „Kopf frei bekommen“	"Try to reduce stress and think clearly."
7. „Den Kopf in den Sand stecken“	"Ignoring or avoiding problems instead of addressing them."
8. „Jemandem den Rücken stärken“	"Offering support to someone, especially during difficult times."
9. „Ausgebrannt sein“	"Feeling completely exhausted and unmotivated, often as a result of long-term stress (burnout)."
10. „Einen Gang zurückschalten“	"Consciously slow down or expose yourself to less stress."
11. „Sich den Kopf zerbrechen“	"Thinking intensely and often anxiously about a problem."
12. „Unter Dampf stehen“	"Being under a lot of pressure and having to work quickly."
13. „Keinen klaren Kopf haben“	"Feeling confused or unable to think clearly, often because of stress or fatigue."
14. „Etwas zur Seite legen“	"Temporarily ignoring a task or problem to deal with it later."

15. „An seine Grenzen kommen“	"Reaching the maximum of your performance, often accompanied by exhaustion."
16. „Das Handtuch werfen“	"Giving up, especially after a long fight or when overwhelmed."
17. „Sich nicht unterkriegen lassen“	"Keep going and stay positive despite difficulties or challenges."
18. „Sich Luft machen“	"Expressing your frustration or anger openly to make yourself feel better."
19. „Einen kühlen Kopf bewahren“	"Remain calm and level-headed, even in difficult or stressful situations."
20. „Über sich hinauswachsen“	"Achieving more than oneself or others thought possible, often in response to challenges."

Examples:

„Dampf ablassen“



So the decision has been made and implementation has already begun. Thank you all very much. Then I started removing the other wall. I had to let off some steam.

"Dampf ablassen" is a German expression that means releasing tensions or stress in a way that brings relief. It is comparable to the English phrase "let off steam" and is often used when someone vents emotional pressure through talking, sports, or other activities. This expression reflects the need to create balance after intense phases of tension or frustration.

Here are some examples of how the expression "Dampf ablassen" can fit into various situations:

1. In a professional setting:

An employee might feel the need to „Dampf abzulassen“ after a stressful meeting. They might go for a run or talk to a colleague about their frustrations to feel better.

2. In family or with friends:

When family tensions or disagreements become overwhelming, someone might say, „Ich muss mal kurz Dampf ablassen“ before engaging in a heated discussion. This can help calm emotions and defuse the situation.

3. On social media or online platforms:

People often use social media to „Dampf abzulassen“ by sharing posts or tweets about current events or personal grievances. This often serves as a way to receive support from others.

4. During sports:

Sport is a popular method for „Dampf abzulassen“. Someone might go to the gym after a stressful day and say, "I just need to blow off some steam," while exerting themselves intensely.

5. In art or creativity:

Artists or writers can use creative activities as a way to „Dampf abzulassen“. Painting an intense picture or writing a poem can have a therapeutic effect and help relieve stress.

"Dampf ablassen" underscores the human need to rid oneself of emotional burdens and regain a sense of calm and control. It is an important aspect of personal health and well-being.

„Am Rad drehen“


opusnero (🤔) (😏)
 @opussnero

BOAH EY !
 Ich glaube, jetzt drehen sie am Rad...
 Eine Bekannte hat es mir gerade gesagt, dass das Zeug teurer wird, aber bitte schön doch nicht so extrem 🤔 🤔 🤔
 Das erste Bild ist von 06.05.2022 !

07.05.2022



ültje Kessel Nüsse, Paprika, 16er Pack (16x150g)

€31,84



ültje...

★★★★★ 153

3 Angebote ab 42,69 €

Aus der A

11:51 nachm. · 11. Mai 2024 · 73 Mal angezeigt

WOW! I think they're going crazy now... A friend just told me that the stuff is getting more expensive, but please not that much. The first picture is from 06.05.2022.

"Am Rad drehen" is a German expression meaning that someone is overreacting or getting overly excited in a situation. It suggests that a person is losing emotional or mental control, akin to the English phrase "to lose one's marbles." The expression is often used in humorous or exaggerated contexts to highlight the irrationality or intensity of a person's reaction.

Here are some examples of how the expression can fit into various situations:

1. During disagreements:

In a heated discussion, someone might say, "Jetzt drehst du am Rad!", to express that the other person is reacting disproportionately.

2. In stressful work situations:

A colleague might say about another, "Er dreht am Rad, weil die Deadline so knapp ist", meaning that the pressure of the looming deadline is causing him excessive stress.

3. In personal conflict:

If someone becomes unusually angry in a private dispute, an observer might remark, "Sie dreht am Rad wegen dieser Kleinigkeit", indicating that the reaction is seen as exaggerated.

4. In humorous or exaggerated narratives:

Friends might tell a story about someone "am Rad gedreht" to describe a particularly funny or bizarre situation.

5. In public incidents:

Witnesses to an incident might say, "Der Fahrer begann am Rad zu drehen, als der Verkehr zum Stillstand kam", to emphasize that the driver reacted very angrily and frustratedly.

"Am Rad drehen" is a vivid expression often used to characterize a person's emotions and behavior in a situation perceived as excessive. It reflects the human tendency to sometimes lose composure under pressure or in conflicts.

„Bis über beide Ohren“**Daniela Maria @DaniLotus77 · Apr 26**

...

Gibt es eine Bewertungsliste der hinterfotzigsten Koalitionspartner ever? Es reicht mir **bis über beide Ohren!**

Heftige Attacken der FDP auf Ampel-Partner

Is there a rating list of the most underhanded coalition partners ever? I've had enough of it! Severe attacks by the FDP on "Ampel" partners!

"Bis über beide Ohren" is a German expression used to describe intense emotion or strong commitment. Typically, it means that someone is "bis über beide Ohren" in love, meaning very deeply in love. However, the expression can also be used in other contexts to express deep entanglement or enthusiasm for something. It is a picturesque expression that conveys the idea of being so immersed in something that only the ears are sticking out.

Here are some examples of how the expression can fit in various situations:

1. In romantic relationships:

A teenager experiencing his first big love might say to a friend, „Ich bin bis über beide Ohren in sie/ihn verliebt“, expressing that he is deeply and completely in love with the person.

2. In hobbies or interests:

A person who has discovered a new passion for painting might say, „Ich bin bis über beide Ohren in die Malerei verstrickt“ meaning that they are completely taken up by their new hobby.

3. In professional life:

An entrepreneur starting a new project might tell his colleagues, „Ich stecke bis über beide Ohren in diesem Projekt“, to highlight his deep involvement and dedication.

4. In music:

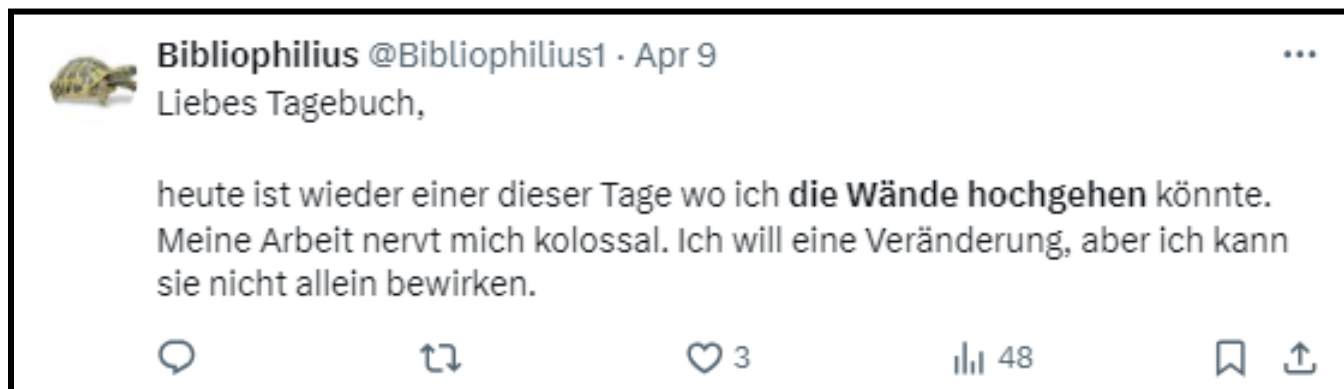
A music fan who has discovered a new album might say, „Ich bin bis über beide Ohren in diese Musik verliebt“, expressing his deep enthusiasm and emotional connection to the music.

5. In academic or school contexts:

A student preparing for an important exam might note, „Ich bin bis über beide Ohren in die Vorbereitungen vertieft“, to show how much he is engaged with the study material.

The expression "bis über beide Ohren" conveys a vivid and picturesque notion of deep emotional or intellectual engagement and is often used to emphasize passion, love, or strong dedication.

„Die Wände hochgehen“



Dear Diary, today is another one of those days where I could climb the walls. My work is really annoying me. I want a change, but I can't make it happen on my own.

"Die Wände hochgehen" is a vivid German expression that describes strong frustration or anger, up to the point where someone feels extremely agitated or annoyed. The expression conveys the image of a person who could literally climb the walls in rage. This expression is applicable in many everyday situations, especially in stressful or irritating moments.

Here are some examples of how the expression can fit in various situations:

1. At work:

An employee could say after a particularly frustrating meeting or after receiving unexpected extra work: „Ich gehe die Wände hoch!“, to express his extreme displeasure about the situation.

2. In private settings:

If someone at home is repeatedly disturbed by his roommates or family members, he could express in frustration: „Jetzt gehe ich wirklich die Wände hoch!“, to signal his increasing anger.

3. In traffic:

A driver stuck in traffic and annoyed by the immobility or behavior of other drivers might say to himself or to passengers: „Ich gehe gleich die Wände hoch“, indicating his growing frustration with the traffic situation.

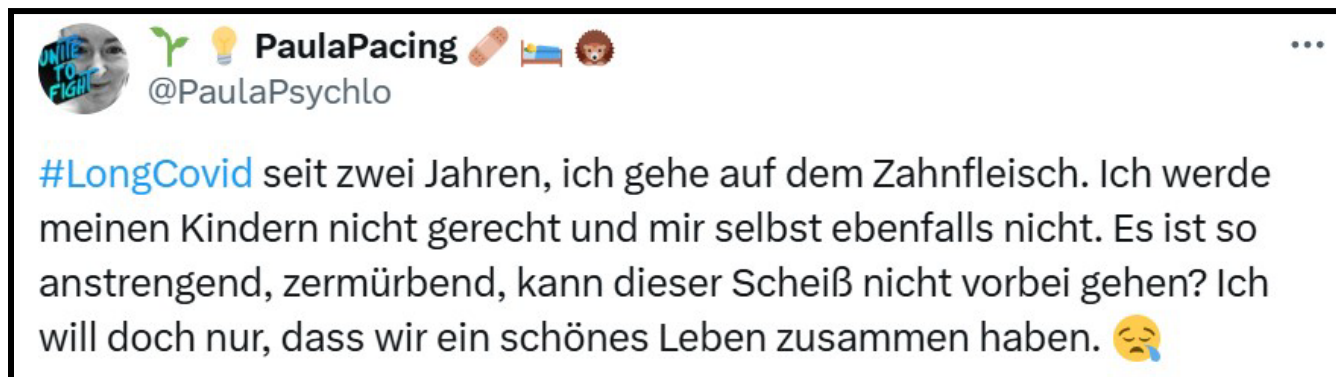
4. With technical problems:

A person experiencing repeated technical difficulties with a device or software might exclaim in frustration: „Ich gehe die Wände hoch!“, if the problems remain unresolved and strain patience.

5. At customer service:

A customer confronted with a particularly lengthy or unsatisfactory customer service experience could use: „Das bringt mich dazu, die Wände hochzugehen“, to describe his irritation and disappointment with the poor service.

"Die Wände hochgehen" demonstrates a high level of emotional reaction to stress or frustration and is often used to convey the intensity of feelings in challenging or irritating situations.

„Auf dem Zahnfleisch gehen“

#LongCovid for two years, I've been on my last legs. I'm not doing justice to my children and to myself. It's so exhausting, so tiring, can't this shit stop? I just want us to have a good life together.

"Auf dem Zahnfleisch gehen" is a vivid German expression used to describe extreme fatigue or exhaustion. It conveys the image of a person so exhausted that they are literally walking on their gums, thus reaching the end of their strength. This expression can be used in various situations to emphasize the depth of exhaustion or the urgent need for a break.

Here are some examples of how the expression can fit in different situations:

1. At the workplace:

An employee who has worked overtime or been under high pressure might say to his colleagues: "Ich gehe jetzt auf dem Zahnfleisch", to express that he barely has any energy left and urgently needs rest.

2. In physical labor:

An athlete after a particularly hard training session or competition might comment: "Ich gehe auf dem Zahnfleisch", meaning he is physically at his limit and needs to rest.

3. Among students during exam time:

A student who has prepared for strenuous exams and studied through nights might say: "Ich gehe auf dem Zahnfleisch", to emphasize his exhaustion and the need for a break.

4. Among parents with young children:

Parents who are exhausted from caring for their young children and getting little sleep might find that they "gehen auf dem Zahnfleisch", indicating ongoing fatigue and loss of energy.

5. In creative professions or projects:

Artists or writers who have worked intensively on a project and feel drained might express that they "gehen auf dem Zahnfleisch", to describe the state of their exhausted creative energies.

The expression "auf dem Zahnfleisch gehen" emphasizes the limits of human resilience and is a striking image for the need to recuperate and gather strength. It reminds us of the importance of paying attention to our own limits and taking timely breaks.

„Kopf frei bekommen“



New article in the magazine "Schule leiten": Mentally relax – Relief through lists and a diary.

"Kopf frei bekommen" is a German expression that means to mentally relax in order to release stress or worries. This is especially important in a fast-paced world where mental overload often occurs. The expression is versatile and can be used in many different contexts to emphasize the need for mental recovery or a change of perspective.

Here are some examples of how the expression can fit in different situations:

1. In a professional context:

A manager who is overwhelmed after a long day of meetings might decide to take a walk and think: „Ich muss meinen Kopf frei bekommen“, to recover and think more clearly.

2. In an academic environment:

A student preparing for an exam and feeling overwhelmed might take a break and say to a friend: „Lass uns kurz rausgehen und den Kopf frei bekommen“, to then be able to study more efficiently.

3. In personal or emotional moments:

After an emotionally charged discussion, someone might decide to go for a walk alone and say to themselves: „Ich brauche etwas Zeit, um meinen Kopf frei zu bekommen“, to process emotions and find inner peace.

4. For creative blocks:

An artist having trouble finding inspiration for a new project might take a break and think: „Ich muss meinen Kopf frei bekommen“, to develop new creative ideas.

5. In sports activities:

A runner preparing for an important race might use quiet moments before the start to focus on „den Kopf frei zu bekommen“, to fully concentrate on the upcoming performance.

"Kopf frei bekommen" is an expression that emphasizes the importance of mental health and balance. It underscores the need to regularly take mental breaks to remain capable and balanced in the long term.

„Den Kopf in den Sand stecken“



Roland Aßmann @RoHeAss · May 18

...

Replying to [@peteraltmaier](#)

Es wäre sinnvoller, endlich über die Ursachen nachzudenken, als weiterhin **den Kopf in den Sand zu stecken**. Während im windparkverseuchten Westen der Republik regelmäßig die Welt untergeht, kommt bei uns in Mittelhessen kaum mehr Regen an. Und das ist wohl kein Zufall.

It would make more sense to finally think about the causes rather than continuing to bury our heads in the sand. While the world is regularly coming to an end in the wind farm-infested west of the country, we in central Hessen hardly get any rain anymore. And that is probably no coincidence.

"Den Kopf in den Sand stecken" is a German expression that originally comes from an old fable where an ostrich hides in the sand when in danger, by sticking its head into it and falsely believing that it is not seen. This expression is used metaphorically to describe someone ignoring problems or unpleasant situations by pretending they do not exist. It symbolizes the avoidance of confrontation or the refusal to face reality.

Here are some examples of how the expression can fit in different situations:

1. In a professional context:

If a manager repeatedly ignores negative feedback about his department and takes no action, a colleague might note: „Er steckt den Kopf in den Sand“, to criticize that the manager is not actively addressing issues.

2. In personal relationships:

If a person in a difficult relationship does not address problems, a friend or family member might say: „Du steckst deinen Kopf in den Sand“, to point out the need to face challenges.

3. In financial matters:

Someone who ignores their bills or debts and makes no effort to improve their financial situation might be described as someone who „den Kopf in den Sand steckt“, indicating a lack of responsibility.

4. In academic or school situations:

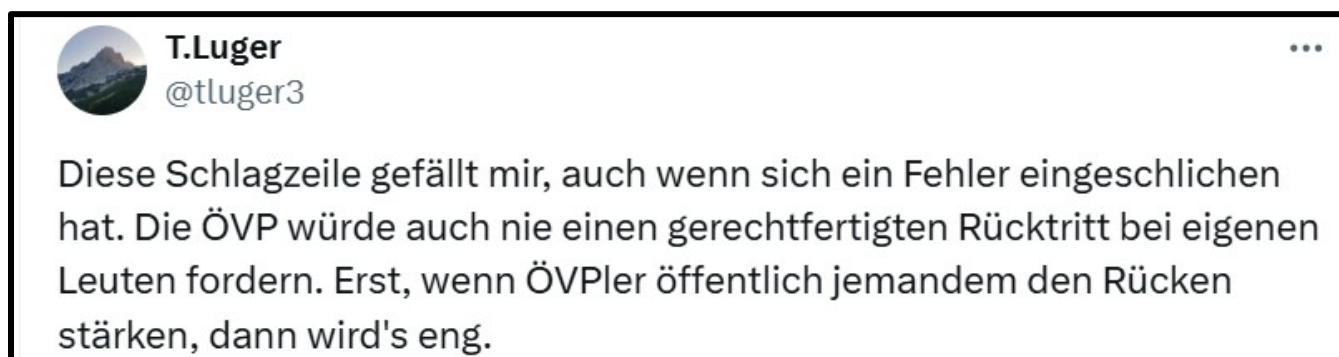
A student who does not prepare for upcoming exams or ignores bad grades might be criticized by teachers or parents that he „den Kopf in den Sand steckt“, meaning that he is not dealing with the necessary measures to improve his situation.

5. In political or social discussions:

In discussions about critical issues like climate change or social injustice, activists might point out that certain individuals or groups „den Kopf in den Sand stecken“ by ignoring important evidence or facts and taking no action.

The expression „den Kopf in den Sand stecken“ conveys the image of a person consciously ignoring problems or challenges, which often leads to a worsening of the situation. It emphasizes the importance of openness and proactive problem-solving in all areas of life.

„Jemandem den Rücken stärken“



I like this headline, even if there is a mistake. The ÖVP would never demand a justified resignation from one of its own people. It is only when ÖVP members publicly support someone that things get difficult.

„Jemandem den Rücken stärken“ is a German expression that means to provide support and encouragement to another person, especially in difficult times or facing challenges. It is a metaphorical phrase that conveys the image of literally standing behind someone to provide them with stability and security. This expression is often used in situations where cohesion and team spirit are particularly important.

Here are some examples of how the expression can be used in various situations:

1. At work:

When a team member is leading a challenging project, colleagues could „den Rücken stärken“ by offering additional support or defending them during

presentations to show that they support their efforts and goals.

2. In the family:

When a family member is going through a tough time, such as illness or personal problems, other family members can „den Rücken stärken“ by providing practical help or just being there to offer emotional support.

3. In social settings:

In circles of friends, „jemandem den Rücken stärken“ can mean defending friends in conflict situations or helping them make tough decisions by providing advice and supportive presence.

4. In sports:

In sports, a coach can „den Rücken stärken“ of athletes by motivating them and enhancing their skills, especially in moments of doubt or defeat, to boost their confidence.

5. In the public arena:

In political or social movements, „jemandem den Rücken stärken“ can also mean showing public support for individuals or groups who are advocating for important causes, to promote their endeavors and visibility.

„Jemandem den Rücken stärken“ expresses a deep connection and loyalty and highlights the importance of support and solidarity in various areas of life.

„Ausgebrannt sein“



Thomas Handel Wunder @Thomas_EcomL · Dec 31, 2023

...

Einige behaupten: "Mache beim Aufstehen Aerial Yoga, halte intermittierendes Fasten ein und lese jeden Tag ein Buch."

Das Problem? Du wirst **ausgebrannt sein**.

Die beste Routine ist die, die du für dich selbst kreierst. 😊

Some say, "Do aerial yoga when you wake up, practice intermittent fasting, and read a book every day." The problem? You'll be burned out. The best routine is the one you create for yourself.

„Ausgebrannt sein“ is a German expression that describes when a person is emotionally, physically, and mentally exhausted due to chronic stress and excessive workloads. This condition, often equated with burnout syndrome, frequently results from prolonged overwhelm at work or in other areas of life. The syndrome not only affects job performance but also overall quality of life and the well-being of those affected.

Here are some examples of how "Ausgebranntsein" can occur in various situations:

1. At work:

An employee in a company who constantly works overtime and is under high pressure might feel consistently tired and unmotivated. This could be a sign that he is burned out, which prevents him from focusing on his work or finding joy in it.

2. In physical labor:

A healthcare worker who can no longer withstand the emotional and physical demands of the job might show symptoms of burnout, such as exhaustion and reduced empathy toward patients.

3. In education:

Teachers who are faced with large classes, high bureaucratic demands, and constant performance requirements can develop a sense of helplessness and cynicism, which are typical signs of being burned out.

4. For freelancers or home-based work:

Self-employed or home office workers might have difficulties disconnecting due to the merging of work and private life. The constant feeling of needing to be reachable and having no clear working hours can lead to burnout.

5. In volunteer work:

Volunteers are not immune to burnout either, especially when they are highly

emotionally involved and feel that their efforts are never enough to make a real difference.

Recognizing and addressing "Ausgebrannt sein" is crucial to taking preventive measures and seeking support. It is important to pay attention to one's own health and set boundaries to stay capable and healthy in the long term.

„Einen Gang zurückschalten“



Good morning VIPs have a good start to the day and get through it Nature takes time to grow and die. We, on the other hand, rush through life. Maybe we should slow down a bit now and then

„Einen Gang zurückschalten“ is a German expression used when one wants to reduce the intensity or speed of an activity. This can apply to professional activities, personal projects, or even general life situations. The expression is comparable to the English 'to downshift' and often symbolizes the conscious decision to reduce stress and slow down in order to achieve better quality of life or avoid overload.

Here are some examples of how the expression can fit in various situations:

1. In professional life:

If an employee is constantly working overtime and feels that the workload is too high, they might decide to 'einen Gang zurückschalten' by taking on fewer projects at once or focusing on less demanding tasks.

2. In personal life:

Someone who finds that their schedule is too full and leaves little time for relaxation might decide they need to 'einen Gang zurückschalten' in order to have more time for family and hobbies.

3. In leisure:

An avid athlete who risks exhaustion or injury from intense training might be advised to 'einen Gang zurückschalten' to remain healthy and active in the long term.

4. In learning or studying:

A student who feels overwhelmed during exam period might 'einen Gang zurückschalten' by learning more efficiently and deliberately taking breaks to avoid overexertion.

5. In creative or artistic projects:

An artist or writer might decide to 'einen Gang zurückschalten' to overcome creative blocks and let the creative process flow more naturally and less forcedly.

„Einen Gang zurückschalten“ emphasizes the importance of considering one's own well-being and not constantly putting oneself under pressure. It reflects the need to find a balance between activity and relaxation, thus being more productive and satisfied in the long term."

„Sich den Kopf zerbrechen“**B**

@bogertmm



Die Nominierten werden sich den Kopf zerbrechen, wer der schwächste Gegner für die Liste ist, dabei ist es egal. Nur eins darf nicht passieren, Nicos als No. 4 auf die Liste. Der Würfelgott muss heute mal abliefern.

The nominees will be racking their brains over who the weakest opponent for the list is, but it doesn't matter. Only one thing must not happen: Nicos as No. 4 on the list. The dice god has to deliver today.

„Sich den Kopf zerbrechen“ is a German expression that means to think intensively about a problem or a complex issue. The expression conveys the image of mentally exerting oneself to find a solution or to understand a difficult topic. It is a figurative idiom that emphasizes the mental effort one must expend to master certain challenges.

Here are some examples of how the expression can fit in various situations:

1. At school or university:

A student preparing for a difficult exam might say: „Ich zerbreche mir den Kopf über diese Mathematikaufgaben“, to express that they are studying intensively and searching for solutions.

2. At work:

An engineer facing a complex technical problem might say to his team: „Wir müssen uns den Kopf darüber zerbrechen, wie wir diese technische Hürde überwinden können“, meaning that thorough and creative problem-solving is required.

3. In personal relationships:

Someone confused about a friend's behavior might say to another friend: „Ich zerbreche mir den Kopf, warum er so reagiert hat“, to describe their efforts to understand the behavior and perhaps find a solution to the underlying issue.

4. In everyday decisions:

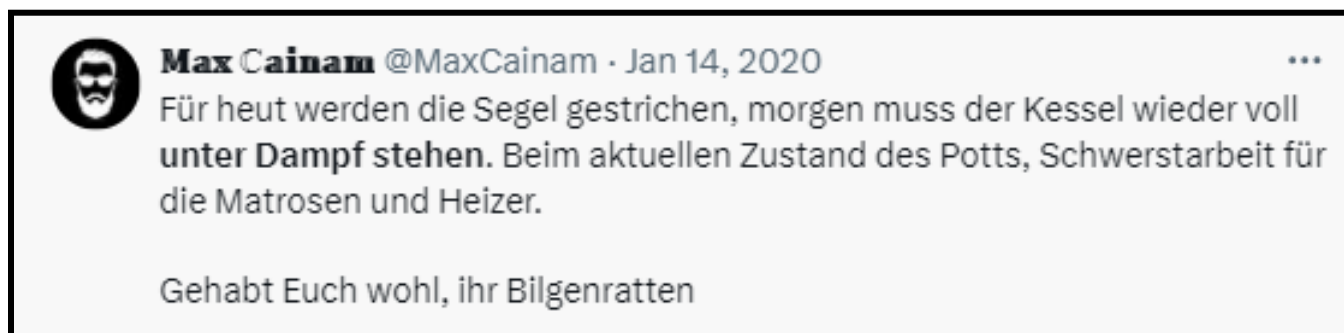
When planning a vacation, a person might find that they are „sich den Kopf zerbrechen“, which travel option would be best, by thoroughly considering and weighing different possibilities.

5. In creative professions:

An author might say: „Ich zerbreche mir den Kopf über das Ende meines Romans“, meaning that they are searching intensively for a suitable or surprising conclusion to their story.

The expression „sich den Kopf zerbrechen“ thus illustrates the mental effort and concentration necessary to find solutions to problems or to answer profound questions. It is about being mentally active and engaging intensively with a challenge.

„Unter Dampf stehen“



The sails are being lowered for today, and tomorrow the boiler must be fully under steam again. Given the current state of the vessel, this is hard work for the sailors and stokers. Farewell, you bilge rats.

"Unter Dampf stehen" is a German expression that means someone is very busy or under stress, often in connection with work or other obligations. It can also mean that someone is very motivated and energetic about a particular task or activity. The expression is derived from the steam engine, which operates efficiently under high pressure. This phrase is a metaphorical comparison that describes the inner tension and dynamics of a person.

Here are some examples of how the expression "Unter Dampf stehen" can be used in different situations:

1. At the workplace:

A manager facing a tight deadline might say to their colleagues, „Ich stehe momentan unter Dampf“, to describe that they are under pressure to meet the deadline.

2. In sports:

An athlete preparing intensely for an important competition might express that they are „Wir stehen alle unter Dampf“, meaning they are training very focused and energetically.

3. In university or school:

A student during exam season might say, „Ich stehe echt unter Dampf“, to describe the stress and effort associated with studying for multiple exams.

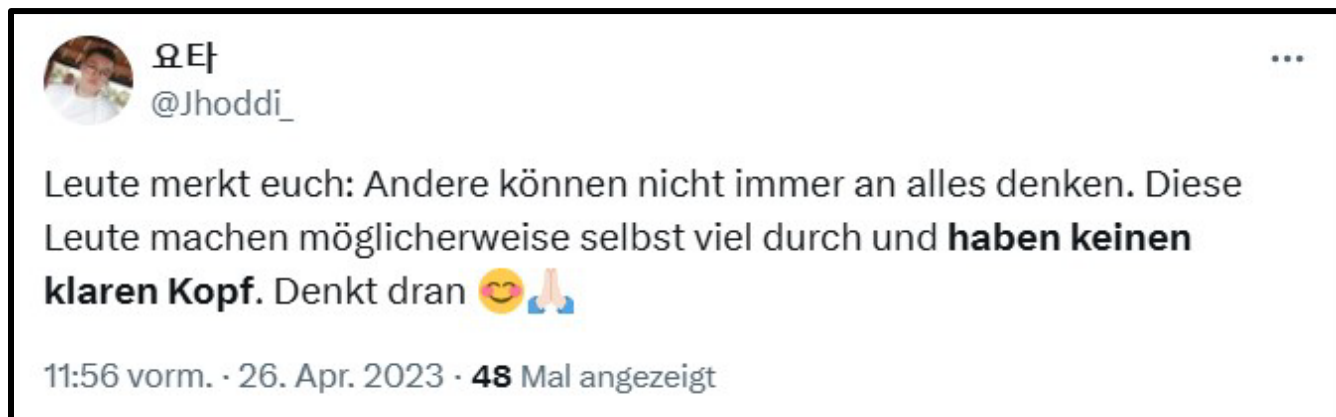
4. During the preparation of an event:

An event manager who has to take care of many details and a strict schedule might say to their team: "Wir stehen alle unter Dampf" to highlight the intense work pressure they are under.

5. In family situations:

A parent who has to take care of the children, the household, and professional obligations at the same time might say: "Ich stehe ständig unter Dampf" to describe the high stress and the multitude of tasks that need to be managed.

The expression „Unter Dampf stehen“ conveys an image of high activity and pressure, similar to a steam-powered machine running at full speed. It reflects the human ability to perform effectively under pressure and emphasizes the importance of energy and motivation in tackling challenges.

„Keinen klaren Kopf haben“

People remember: Others can't always think of everything, these people may be going through a lot themselves and not have a clear head. Remember!

"Keinen klaren Kopf haben" is a phrase from German that describes someone being confused or having difficulties concentrating and thinking logically. This can be caused by various factors such as fatigue, stress, or emotional burdens. The expression emphasizes the temporary inability to think effectively or make decisions and is applicable in many everyday situations.

Here are some examples of how the phrase can be used in different contexts:

1. At the workplace:

An employee who is under severe stress and notices that he is making mistakes might say to a colleague, "Ich habe heute keinen klaren Kopf", to explain why he is having difficulties at work.

2. At school or university:

A student who suddenly forgets what he has learned during an exam might think, "Ich habe keinen klaren Kopf", reflecting his anxiety and inability to remember.

3. In personal relationships:

During an emotionally charged conversation, when someone is overwhelmed, they might say, "Ich kann jetzt nicht weiterreden, ich habe keinen klaren Kopf", to ask for a break and gather themselves.

4. In decision-making:

Someone facing an important decision and feeling uncertain might say to a friend, "Hilf mir bitte, ich habe keinen klaren Kopf", to seek support and advice.

5. After a long night:

After a night with little sleep or overworking, someone might find that they are unable to concentrate and remark, "Ich habe einfach keinen klaren Kopf heute."

The expression "keinen klaren Kopf haben" illustrates the human experience of mental or emotional overload and the resulting impairment of cognitive functions. It serves as a reminder of the importance of paying attention to signs from one's own body and mind and taking breaks when needed.

„Etwas zur Seite legen“



#ichbinarmutsbetroffen Saving/putting something aside is not as easy as the *unaffected* people imagine. Even with small things. There is always (emphasis on *always*) something in between which means you have to fall back on what you have already covered.

„Etwas zur Seite legen“ is a phrase in German that generally means to save money or items for later, often as a preparation or safety measure for the future. It reflects the idea of saving or deferring for a later time or need and can be used in various contexts, both financially and physically.

Here are some examples of how the expression can fit in different situations:

1. Financial saving:

A person might regularly transfer a certain amount from their salary to a savings account with the thought: „Ich lege dieses Geld zur Seite für einen Notfall oder für meine Zukunft.“ This shows how "putting something aside" is applied as a form of responsible financial management.

2. While shopping:

While shopping, someone might see a product they would like to buy but don't immediately need. They could decide to set it aside for later by saying to the seller: „Können Sie das bitte für mich zur Seite legen? Ich hole es nächste Woche ab.“

3. In the household:

In a household, someone might put rarely used items, such as seasonal decorations or special kitchen tools, in a closet or in the attic „zur Seite legen“, to create space and improve organization.

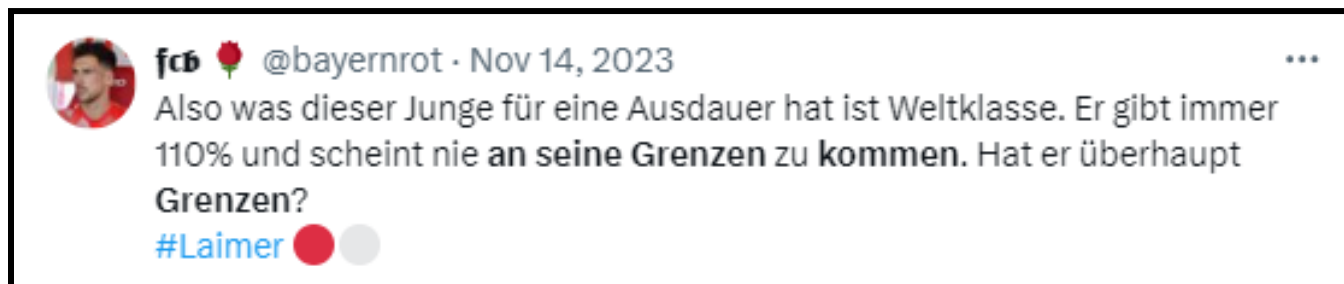
4. At work:

In a professional context, a manager or employee might put a less urgent task aside for a later time to focus on more urgent or important tasks. This could be phrased as: „Ich lege das Projekt jetzt zur Seite, bis wir die aktuellen Deadlines erreicht haben.“

5. In planning:

When planning events or projects, a person might set aside materials or resources to ensure they are available when needed. For example, an event planner might buy and store decoration items in advance with the thought: „Ich lege diese Dinge jetzt zur Seite, damit wir sie haben, wenn die Veranstaltung näher rückt.“

„Etwas zur Seite legen“ underscores the importance of foresight and preparation in various areas of life and promotes the idea of using resources wisely and thoughtfully.

„An seine Grenzen kommen“

The stamina this boy has is world class. He always gives 110% and never seems to reach his limits. Does he have any limits at all? #Laimer

"An seine Grenzen kommen" is a German expression that describes someone reaching their maximum abilities, strengths, or capacities. The term can be understood both physically and mentally and is often used to describe situations where one reaches the point where they can no longer or should not continue. The expression is versatile and finds application in a variety of contexts, especially in challenging or strenuous situations.

Here are some examples of how the expression can fit in different situations:

1. In sports:

A marathon runner approaching the final kilometers and having barely any energy left might think, "Ich komme an meine Grenzen," indicating that he is almost at the end of his strength.

2. In professional life:

A manager under enormous pressure and managing several projects at the same time might say to her team, "Ich komme an meine Grenzen," to signal that she is on the verge of being overwhelmed and might need support.

3. With mental strain:

A person who, after a series of personal setbacks, is still trying to get their life under control, might mention in a conversation with a friend, "Ich komme an meine Grenzen," to communicate their emotional exhaustion.

4. In education:

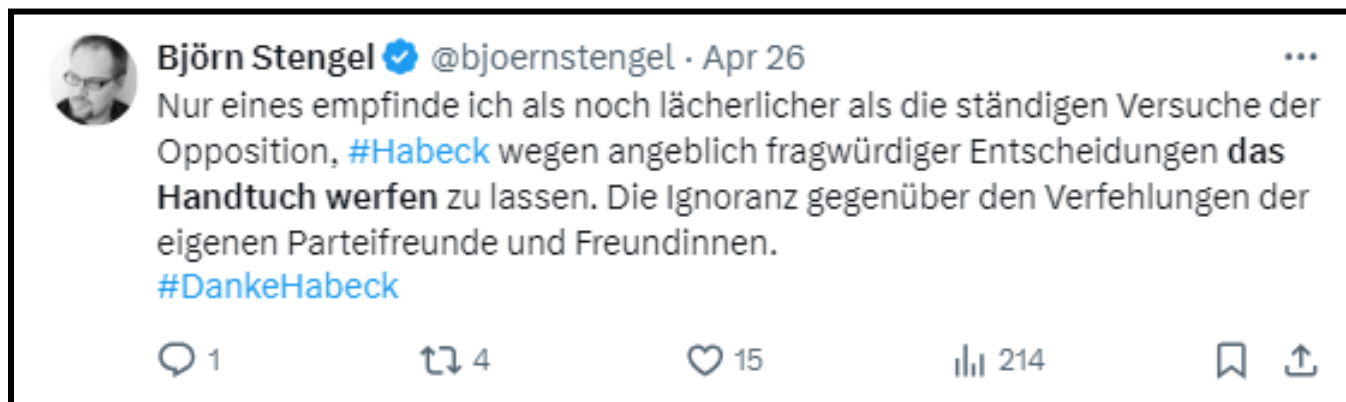
A student who is intensively preparing for exams and feels overwhelmed might say to his parents, "Ich komme an meine Grenzen," meaning that he feels he can no longer learn effectively.

5. In physical labor:

A construction worker lifting heavy loads during a long shift might say to his colleagues, "Ich komme an meine Grenzen," to indicate that he needs a break before continuing.

"An seine Grenzen kommen" emphasizes reaching a critical point, whether in terms of endurance, strength, or mental capacity, and is often seen as a warning signal that one should take care of their health and well-being.

„Das Handtuch werfen“



There is only one thing that I find even more ridiculous than the opposition's constant attempts to make #Habeck throw in the towel because of supposedly questionable decisions: their ignorance of the misdeeds of their own party friends. #DankeHabeck

"Das Handtuch werfen" is a German expression that means giving up or withdrawing from a particular situation because one sees no success or finds the situation too difficult. This expression has its origins in boxing, where a towel is literally thrown into the ring to give up the fight. Today, this expression is used in many areas of life to express resignation or capitulation.

Here are some examples of how the expression "das Handtuch werfen" can be used in different situations:

1. In professional life:

If a project, despite intense efforts, repeatedly encounters obstacles, a team leader might decide to end the project by saying: "Wir werfen das Handtuch," which means that further efforts are seen as pointless.

2. In sports:

A coach of a soccer team that is significantly behind in an important game might decide that it is better to save weakened players and thus indirectly "das Handtuch zu werfen" by not making further efforts to catch up.

3. In personal relationships:

In a relationship that remains conflict-ridden despite many attempts to solve problems, a person might decide to give up and say: "Ich werfe das Handtuch," marking the decision to end the relationship.

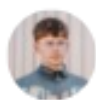
4. For personal goals:

Someone who has tried to establish a new habit like regular jogging, but is constantly set back by a lack of motivation, might decide to "das Handtuch zu werfen" and stop the efforts.

5. In education or exams:

A student who is preparing for a particularly difficult exam, but feels, despite all efforts, that they do not understand the material, might consider "das Handtuch zu werfen" and canceling the exam or withdrawing.

"Das Handtuch werfen" reflects the human experience of frustration and exhaustion in situations where progress is not visible, and underscores the decision to withdraw from a barren or harmful situation.

„Sich nicht unterkriegen lassen“**Jakob Springfeld** @jakobspringfeld · May 13

...

Die extrem-rechte Raumnahme schreitet voran: in Schulen, Betrieben oder hier auf einem Sportplatz in #Leipzig: Neonazis agitieren und plakatierten vor meiner Lesung mit @platznehmen ihre Propaganda. Die Menschen vom örtlichen Jugendzentrum lassen sich nicht unterkriegen. #Sachsen

The extreme right's occupation of space is progressing: in schools, companies or here on a sports field in #Leipzig : neo-Nazis are agitating and putting up posters with their propaganda before my reading with @platznehmen. The people from the local youth center are not letting themselves be defeated. #Sachsen

„Sich nicht unterkriegen lassen“ is a German expression that describes the attitude and determination to not give up despite difficulties or adversities. It reflects a positive attitude and an indomitable spirit, regardless of the challenges one encounters. This expression is a call for resilience and can be used in a variety of contexts where perseverance and courage are required.

Here are some examples of how the expression can be applied in different situations:

1. In personal crises:

When someone experiences severe personal losses or setbacks, the expression „sich nicht unterkriegen lassen“ can serve as encouragement. Friends or family might say, „Lass dich nicht unterkriegen“, to offer support and confidence.

2. In the professional environment:

In a challenging work environment or with difficult projects, colleagues might use this expression to motivate each other. A team leader might encourage his team by saying, „Wir lassen uns nicht unterkriegen“, especially after a failure or negative feedback.

3. In school or university:

Students facing difficult exams or intense study periods might use this expression to affirm their determination. They could say to themselves or to fellow students,

„Wir lassen uns nicht unterkriegen“, to maintain motivation.

4. In sports:

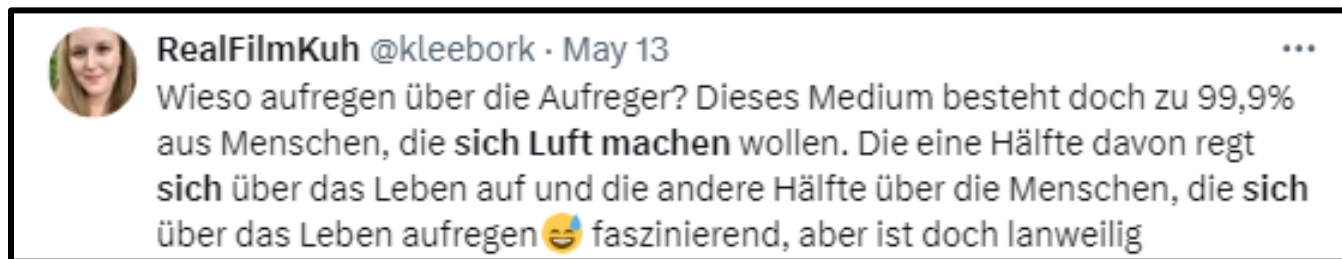
Athletes, especially after a defeat or injury, often use this expression to demonstrate their resolve to come back strong. A coach could motivate his team by saying, „Kopf hoch, wir lassen uns nicht unterkriegen!“, to promote team spirit and resilience.

5. In social or political movements:

In times of social or political challenges, „sich nicht unterkriegen lassen“ can be a rallying cry for activists and citizens fighting for their rights or beliefs. During demonstrations or in campaigns, this expression might be used to symbolize solidarity and endurance.

„Sich nicht unterkriegen lassen“ emphasizes the importance of resilience and the ability to recover from setbacks. It is an expression that is universally applicable and inspires people to face life's challenges with courage.

„Sich Luft machen“



Why get upset about the upset people? This medium consists of 99.9% people who want to let off steam. Half of them are upset about life and the other half about the people who are upset about life fascinating, but boring.

„Sich Luft machen“ is a German expression used to express that someone is openly and often emphatically expressing their thoughts or feelings, especially when they are upset or frustrated. The expression is comparable to "letting off steam" or "pouring out one's heart" in other languages. It is a way to relieve emotional pressure by speaking what is on one's mind.

Here are some examples of how the expression can fit in various situations:

1. At work:

An employee might go to a trusted colleague after a particularly difficult meeting and say, „Ich muss mir jetzt einfach mal Luft machen“, and then begins to express his frustration about the discussed topics.

2. In personal relationships:

If someone is in a relationship and feels misunderstood by their partner, they might feel the need to vent. They could say, „Ich muss mir jetzt mal kurz Luft machen!“, and then begins to share their feelings.

3. On social media:

A person might write a post on social media in which they vent about a current societal or political issue. The post could start with the words, „Ich muss mir mal Luft machen über...“, followed by a detailed opinion or criticism.

4. At sporting events:

A sports fan might feel the need to vent after a disappointing game of their favorite team. They could say to a friend, „Lass mich mal kurz Luft machen“, and then talk about their frustrations with the team's performance.

5. In therapeutic or counseling situations:

In a therapy session, the therapist might encourage the patient to vent to release repressed emotions. The therapist could say, „Es ist wichtig, dass Sie sich hier Luft machen und alles aussprechen, was Ihnen auf dem Herzen liegt.“

„Sich Luft machen“ allows individuals to reduce tensions and promote emotional well-being by speaking openly about their feelings. It emphasizes the importance of emotional openness and support in interpersonal relationships.

„Einen kühlen Kopf bewahren“

Sunrise Capital @Sunrise_Invest · Apr 9
Ruhig Blut & einen kühlen Kopf bewahren!

...

In der aktuellen Folge unseres Podcasts spricht Außenminister Alexander Schallenberg unter anderem über die Rolle Europas in der Welt sowie über "unser" Verhältnis zu den USA.

Keep calm and a cool head! In the current episode of our podcast, Foreign Minister Alexander Schallenberg talks about, among other things, Europe's role in the world and "our" relationship with the USA.

„Einen kühlen Kopf bewahren“ is a German expression that means to stay calm and composed in stressful or challenging situations. This expression is often used to describe serenity and control in moments where one could easily lose their composure. It is an important skill in many areas of life, from personal relationships to professional environments.

Here are some examples of how the expression can be applied in different situations:

1. At the workplace:

In a heated meeting where opinions differ greatly, a manager might say to his team, „Lasst uns einen kühlen Kopf bewahren“, to signal that they should remain factual and discuss constructively instead of being guided by emotions.

2. In personal relationships:

During an argument with a partner or family member, it can be helpful to remember to keep a cool head. A person might say to themselves, „Ich muss einen kühlen Kopf bewahren“, to prevent the situation from escalating further and to find a solution.

3. In emergencies:

In an emergency situation, such as a car accident or a medical emergency, it is

crucial to stay calm. A first responder could help others stay calm by saying, „Wir müssen einen kühlen Kopf bewahren, um richtig handeln zu können“.

4. In sports competitions:

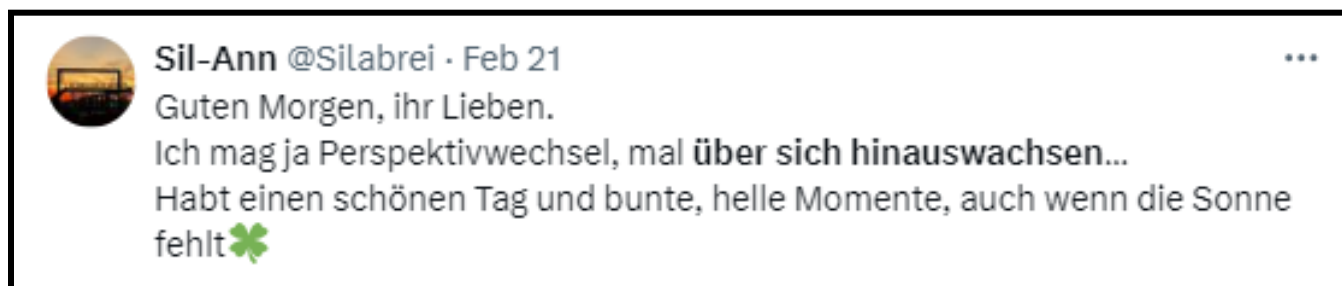
Athletes, especially in team sports or in critical moments of a game, need to perform under pressure. A coach might encourage his team by saying, „Behaltet einen kühlen Kopf, dann können wir diesen Sieg erringen“.

5. In exam situations:

Students before an important exam can become nervous. A teacher might calm them down by saying, „Bewahrt einen kühlen Kopf, dann könnt ihr euer Bestes geben“.

„Einen kühlen Kopf bewahren“ emphasizes the importance of self-control and composure in difficult moments and supports making thoughtful decisions instead of impulsive reactions.

„Über sich hinauswachsen“



Good morning lovelys. I like changing perspectives, growing beyond myself sometimes... Have a nice day and colorful, bright moments, even if the sun is missing.

„Über sich hinauswachsen“ is a German expression that describes surpassing one's own limits and expectations. It is often used to describe personal or professional development, where someone exceeds their previous achievements and gains new skills or successes. This can be relevant in various contexts and is often understood as a form of self-improvement or as reaching a new level of competence.

Here are some examples of how the expression can fit in different situations:

1. In personal growth:

A person who has set out to live a healthier life might „Über sich hinauswachsen“ through regular exercise and dietary changes. This could mean that after a few months, they run a marathon, an achievement they previously thought impossible.

2. In a professional context:

An employee could „Über sich hinauswachsen“ by taking on additional projects or learning new skills. For example, someone who works in an IT department might independently study artificial intelligence and eventually lead an important project in this area.

3. In academia:

A student might „Über sich hinauswachsen“ by improving in a particularly difficult subject that does not suit them and ultimately graduating with honors. This could be achieved through additional tutoring, study groups, or intensive self-study.

4. In sports:

An athlete might „Über sich hinauswachsen“ by setting new personal bests or being more successful in competitions than ever before. This could be achieved through intensive training, mental preparation, and technical improvements.

5. In artistic or creative endeavors:

An artist or writer might „Über sich hinauswachsen“ by experimenting with new styles or techniques. This could mean that a painter, who has traditionally focused on landscapes, successfully conducts an exhibition of abstract art.

„Über sich hinauswachsen“ emphasizes the importance of personal development and the pursuit of higher goals. It is a motivating expression that encourages people to recognize and overcome their own limitations to reach their full potential.

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