

Useful vocabulary – Maintaining mental wellbeing

Describing mental health

Spanish	English
la actividad	activity
el amor	love
la comunicación	communication
el descanso	break, rest
el gusto / el placer	pleasure
la identidad	identity
el respeto	respect
la salud	health
el sueño	sleep, dream
la vida	life

Useful adjectives

Spanish	English
alegre	cheerful, lively, happy
casado/a	tired, tiring
enfermo/a	ill, sick
feliz	happy
igual	equal
mental	mental
nervioso/a	nervous, anxious
sano/a	healthy, wholesome
tranquilo/a	calm, tranquil, relaxed
triste	sad

Useful verbs

Spanish	English
ayudar	to help
comparar	to compare
chatear	to chat
colgar	to post (online)
descansar	to rest
disfrutar	to enjoy
divertirse	to enjoy oneself
dormir, dormirse	to sleep, to fall asleep
llorar	to cry
mover(se)	to move
pasear	to go for a walk, ride
reír(se)	to laugh
relajarse	to relax
sonreír	to smile