CHINESE BOOST

Mental health Chinese vocabulary: Intermediate (HSK 4-6)

23 words with pinyin, 繁體 and meanings, 22 of them with an example sentence.
Every word here links to its entry on the site.

Mental health Chinese vocabulary: Intermediate (HSK 4-6) on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Words

压力 壓力
yālì pressure
> 压力很巨大。
> Yālì hěn jùdà.
> The pressure was tremendous.

心情
xīnqíng mood / frame of mind
> 他心情不好。
> Tā xīnqíng bù hǎo.
> He's in a bad mood.

紧张 緊張
jǐnzhāng nervous / keyed up / intense / tense / strained / in short supply / scarce
> 你不必紧张。
> Nǐ búbì jǐnzhāng.
> You don't need to be nervous.

放松 放鬆
fàngsōng to relax / to slacken / to loosen
> 你最好放松。
> Nǐ zuìhǎo fàngsōng.
> You'd better take it easy.

烦恼 煩惱
fánnǎo to be worried / to be distressed / worries
> 别为这点小事烦恼了。
> Bié wèi zhèdiǎn xiǎoshì fánnǎole.
> Don't worry about such a small thing.

自信
zìxìn to have confidence in oneself / self-confidence
> 你必须得自信。
> Nǐ bìxū děi zìxìn.
> You have to have confidence.

积极 積極
jījí active / energetic / vigorous / positive (outlook) / proactive
> 我只想注意积极方面。
> Wǒ zhǐ xiǎng zhùyì jījí fāngmiàn.
> I want to just focus on the positive.

心理
xīnlǐ psychology / mentality
> 他主要是心理的问题。
> Tā zhǔyào shì xīnlǐ de wèntí.
> His trouble was chiefly mental.

情绪 情緒
qíngxù mood / state of mind / moodiness
> 你应该学习控制自己的情绪。
> Nǐ yīnggāi xuéxí kòngzhì zìjǐ de qíngxù.
> You should learn to restrain yourself.

心态 心態
xīntài attitude (of the heart) / state of one's psyche / way of thinking / mentality
> 他有一种看热闹的心态。
> Tā yǒu yìzhǒng kànrènao de xīntài.
> He has a mentality of just watching the excitement.

失眠
shīmián to suffer from insomnia
> 喝咖啡太多会失眠吗?
> Hē kāfēi tài duō huì shīmián ma?
> Can drinking too much coffee cause insomnia?

缓解 緩解
huǎnjiě to bring relief / to alleviate (a crisis) / to dull (a pain)
> 药物缓解了他的痛苦。
> Yàowù huǎnjiěle tā de tòngkǔ.
> The medicine decreased his pain.

消极 消極
xiāojí negative / passive / inactive
> 他的性格很消极。
> Tā de xìnggé hěn xiāojí.
> He has a passive character.

乐观 樂觀
lèguān optimistic / hopeful
> 尽量保持乐观。
> Jǐnliàng bǎochí lèguān.
> Try to stay positive.

精神
jīngshén spirit / essence / gist / mind / consciousness / thought / mental / psychological
jīngshen vigor / vitality / spirited / good-looking

> 他精神很好。
> Tā jīngshen hěn hǎo.
> He was in good spirits.

安慰
ānwèi to comfort / to console

> 谁去安慰她?
> Shéi qù ānwèi tā?
> Who will console her?

精神健康
jīngshénjiànkāng mental health

焦虑 焦慮
jiāolǜ anxious / worried / apprehensive

> 她感到非常焦虑。
> Tā gǎndào fēicháng jiāolǜ.
> She felt very anxious.

孤独 孤獨
gūdú lonely / solitary

> 我觉得很孤独。
> Wǒ juéde hěn gūdú.
> I felt lonely.

调节 調節
tiáojié to adjust / to regulate / to harmonize / to reconcile (accountancy etc)

> 音量调节在哪里?
> Yīnliàng tiáojié zài nǎlǐ?
> Where's the volume control?

悲观 悲觀
bēiguān pessimistic

> 你太悲观了。
> Nǐ tài bēiguānle.
> You're being too pessimistic.

减压 減壓
jiǎnyā to reduce pressure / to relax

> 你如何减压?
> Nǐ rúhé jiǎnyā?
> How do you relieve stress?

自杀 自殺
zìshā to kill oneself / to commit suicide / to attempt suicide

> 他试图自杀。
> Tā shìtú zìshā.
> He tried to kill himself.