

Mental Health: Why It Matters

#				EXAMPLE
1	emotional <i>adjective</i>	hissiy	эмоциональный	It was a very emotional goodbye.
2	psychological <i>adjective</i>	psixologik	психологический	Stress can have psychological effects.
3	well-being <i>noun</i>	farovonlik	благополучие	Exercise is good for your general well-being .
4	cope (with) <i>verb</i>	(...ga) bardosh bermoq, uddalamoq	справляться (с)	How do you cope with exam stress?
5	stress <i>noun</i>	stress, ruhiy zo'riqish	стресс	The stresses of city life can make people tired.
6	relationship <i>noun</i>	munosabat	отношения	Good relationships make us happier.
7	productively <i>adverb</i>	samarali	продуктивно	I work most productively in the morning.
8	deserve <i>verb</i>	loyiq bo'lmoq	заслуживать	You worked hard — you deserve a rest.
9	expert <i>noun</i>	mutaxassis	эксперт	Health experts recommend 8 hours of sleep.
10	experience <i>verb</i>	boshdan kechirmoq	испытывать	Many people experience anxiety before job interviews.
11	anxious <i>adjective</i>	xavotirli	тревожный	I always feel anxious before exams.
12	suffer (from) <i>verb</i>	(...dan) aziyat chekmoq	страдать (от)	He suffers from headaches.
13	depression <i>noun</i>	depressiya	депрессия	Depression is a real illness that needs treatment.
14	hopeless <i>adjective</i>	umidsiz	безнадёжный	Don't feel hopeless — things will get better.
15	condition <i>noun</i>	kasallik, holat	заболевание, состояние	Asthma is a common condition in children.
16	bipolar disorder <i>noun</i>	bipolyar buzilish	биполярное расстройство	Bipolar disorder causes extreme changes in mood.
17	schizophrenia <i>noun</i>	shizofreniya	шизофрения	Schizophrenia is a serious mental illness.
18	mood <i>noun</i>	kayfiyat	настроение	She's in a good mood today.
19	regardless (of) <i>adverb</i>	(...dan) qat'i nazar	независимо (от)	Anyone can join, regardless of age.
20	factor <i>noun</i>	omil	фактор	Price is the most important factor for many shoppers.
21	genetics <i>noun</i>	genetika	генетика	Your height depends mostly on genetics .
22	financial <i>adjective</i>	moliyaviy	финансовый	They're having financial problems.
23	difficulty <i>noun</i>	qiyinchilik	трудность	He had difficulty sleeping.
24	unsafe <i>adjective</i>	xavfli, xavfsiz bo'lmagan	небезопасный	The old bridge is unsafe .
25	weakness <i>noun</i>	zaiflik	слабость	Asking for help is not a sign of weakness .
26	recover <i>verb</i>	tuzalmoq, sog'aymoq	выздоровливать	She recovered quickly after the operation.
27	treatment <i>noun</i>	davolash	лечение	He's receiving treatment for a back problem.

28	talking therapy <i>noun</i>	suhbat orqali davolash (psixoterapiya)	разговорная терапия	Talking therapies can help with anxiety.
29	medication <i>noun</i>	dori-darmon	лекарство	Are you taking any medication ?
30	neglect <i>verb</i>	e'tiborsiz qoldirmoq	пренебрегать	Don't neglect your health when you're busy.
31	stigma <i>noun</i>	ijtimoiy qoralash, tamg'a	стигма, клеймо	There is still a stigma around seeing a psychologist.
32	attitude <i>noun</i>	munosabat, nuqtai nazar	отношение, взгляд	She has a positive attitude to life.
33	ashamed <i>adjective</i>	uyalgan	стыдящийся	He felt ashamed of his mistake.
34	seek <i>verb</i>	izlamoq, so'ramoq	искать, обращаться за	You should seek advice from a doctor.
35	awareness <i>noun</i>	xabardorlik	осведомлённость	The campaign raised awareness of breast cancer.
36	openly <i>adverb</i>	ochiqchasiga	открыто	We can talk openly about our problems.
37	campaign <i>noun</i>	kampaniya, aksiya	кампания	The campaign against smoking was very successful.
38	invest (in) <i>verb</i>	sarmoya kiritmoq	вкладывать, инвестировать	Schools should invest in good teachers.
39	workplace <i>noun</i>	ish joyi	рабочее место	A friendly workplace makes people more productive.
40	thrive <i>verb</i>	gullab- yashnamoq, rivojlanmoq	процветать	Children thrive when they feel loved.

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