

# Wellness Terminology in English

## Vocabulary

Resilience - Burnout - Conservation - Sleep Hygiene - Passion - Mindfulness  
Chronic Disease - Emotional Regulation - Boundaries - Authenticity -  
Reciprocity - Mental Stimulation - Emotional Intelligence - Acceptance

- Being true to yourself →
- Recognizing & embracing things as they are, without judgment →
- Paying attention to the present moment without judgment →
- The ability to understand, use, and manage your own emotions, and to recognize and influence the emotions of others →
- The ability to manage and respond to emotional experiences in a healthy and adaptive way →
- Limits that you set in relationships to protect your wellbeing →
- The mutual exchange of support, benefits, or privileges →
- The ability to recover quickly from difficulties or setbacks →
- An intense desire or enthusiasm for something →
- Something that is mentally engaging and challenging →
- A state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress →
- Practices and habits that promote healthy and restful sleep →
- A long-lasting condition that can be controlled but not cured →
- Careful maintenance of resources to make them last longer →

Practice English with UtterFLOW  
[utterflow.ca](https://utterflow.ca)

