

Korean Mental Health Vocabulary worksheet (PDF)

Word list

#	Hangul	Romanization	Meaning
1	스트레스	seuteureseu	stress
2	불안	buran	anxiety
3	걱정	geokjeong	worry
4	긴장	ginjang	tension
5	부담	budam	burden
6	짜증	jjajeung	irritation
7	기분	gibun	mood
8	우울	uul	gloom
9	우울증	uuljeung	depression (condition)
10	외로움	oeroum	loneliness
11	슬픔	seulpeum	sadness
12	행복	haengbok	happiness
13	수면	sumyeon	sleep (formal)
14	불면증	bulmyeonjeung	insomnia
15	피로	piro	fatigue
16	악몽	angmong	nightmare
17	낮잠	natjam	nap
18	숙면	sungmyeon	deep sleep
19	상담	sangdam	counselling
20	상담사	sangdamsa	counsellor
21	정신과	jeongsingwa	psychiatry department
22	치료	chiryo	treatment
23	휴식	hyusik	rest
24	도움	doum	help

More words: see the full list at learn-korean-hangul.com/vocabulary/daily-life/health/mental-health/

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Matching

Name: _____ Date: _____

Hangul	Meaning
1. 스트레스 _____	A. irritation
2. 불안 _____	B. happiness
3. 걱정 _____	C. mood
4. 긴장 _____	D. loneliness
5. 부담 _____	E. tension
6. 짜증 _____	F. worry
7. 기분 _____	G. anxiety
8. 우울 _____	H. sadness
9. 우울증 _____	I. gloom
10. 외로움 _____	J. stress
11. 슬픔 _____	K. burden
12. 행복 _____	L. depression (condition)

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Writing practice

Name: _____ Date: _____

스	트	레	스	스	트	레	스	스	트	레	스				
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불	안	불	안	불	안				
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걱	정	걱	정	걱	정				
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긴	장	긴	장	긴	장				
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부	담	부	담	부	담				
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짜	증	짜	증	짜	증				
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기	분	기	분	기	분				
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우	울	우	울	우	울				
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Fill in the blank

Name: _____ Date: _____

1. _____를 받아요.

I am stressed.

2. 요즘 _____해요.

I feel uneasy these days.

3. _____이 많아요.

I have a lot of worries.

4. 너무 _____돼요.

I am very nervous.

5. _____이 커요.

The pressure is big.

6. _____ 나요.

I am annoyed.

7. _____이 좋아요.

I feel good.

8. 요즘 _____해요.

I have been feeling low lately.

Korean Mental Health Vocabulary worksheet (PDF)

Answer key

1. J — 스트레스 — stress
2. G — 불안 — anxiety
3. F — 걱정 — worry
4. E — 긴장 — tension
5. K — 부담 — burden
6. A — 짜증 — irritation
7. C — 기분 — mood
8. I — 우울 — gloom
9. L — 우울증 — depression (condition)
10. D — 외로움 — loneliness
11. H — 슬픔 — sadness
12. B — 행복 — happiness

Fill in the blank

1. 스트레스
2. 불안
3. 걱정
4. 긴장
5. 부담
6. 짜증
7. 기분
8. 우울