|  |  |
| --- | --- |
| Español | Inglés |
| **Agobiado(a)** | *Worn out, over whelmed* |
| **Agotado(a)** | *exhausted* |
| **Aliviar el estrés** | *To relieve stress* |
| **Ansioso(a)** | *anxious* |
| **Causar el estrés** | *To cause stress* |
| **Cuidarse** | *To take care of oneself* |
| **Deberías** +inf. | *You should…* |
| **Estar rendido(a)** | *To be worn out* |
| **Histérico(a)** | *Stressed out* |
| **Llevar una vida agitada** | *To lead a hectic life* |
| **No debes** +inf. | *You shouldn’t…* |
| **Ponerse nevioso(a)** | *To get nervous* |
| **¿Puedes darme algún consejo?** | *Can you give me any advice?* |
| **¿Qué debo hacer?** | *What should I do?* |
| **¿Qué me aconsejas hacer?** | *What do you advise me to do?* |
| **¿Qué me recomiendas hacer?** | *What do you recommend that I do?* |
| **Reíse** | *To laugh* |
| **Relajarse** | *To relax* |
| **Resolver un problema** | *To solve a problem* |
| **Sería bueno** +inf. | *It would be a good idea for you to…* |
| **Sufrir de presiones** | *To be under pressure* |
| **Sufrir de tensiones** | *To suffer from tension* |
| **Te aconsejo** | *I advise you to…* |
| **Te recomiendo** +inf. | *I recommend that you…* |
| **Tomar las cosas con calma****\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****Un poco más****Abrumado(a)****desvelarse****estar hecho(a) a polvo****madrugar****ponerse ansioso(a)****enojarse** | *To take things calmly**overwhelmed**to stay up late**to be worn out**to get up early**to become anxious**enojarse* |

Capítulo 2.1 (Asking and Giving Advice)

Capítulo 2.2 (Talking about taking care of yourself)

|  |  |
| --- | --- |
| Español | Inglés |
| **La alimentacion** | *Nutrition* |
| **Alimentarse bien** | *To eat well* |
| **Alimentarse mal** | *To eat poorly* |
| **Broncearse** | *To suntan* |
| **Comer comida sana** | *To eat healthy food* |
| **Comartir con alguien** | *To share with someone* |
| **Contribuir** | *To contribute* |
| **Cuidarse el peso** | *To watch one’s weight* |
| **Dares cuenta de** | *To realize* |
| **Dormir lo suficiente**  | *To get enough sleep* |
| **Dormirse** | *To fall asleep* |
| **Ducharse** | *To take a shower* |
| **Echarle mucha sal a la comida** | *To put a lot of salt on food* |
| **Estar a dieta** | *To be on a diet* |
| **La grasa** | *Fat* |
| **Hacer ejercicio** | *To excersice* |
| **El peligro** | *danger* |
| **Pesarse** | *To weigh oneself* |
| **La piel** | *Skin* |
| **Ponerse crema protectora** | *To put on sunscreen* |
| **Quedarse frente a la tele** | *To stay in front of the TV* |
| **Quemarse** | *To get a sunburn* |
| **Sentirse muy solo(a)** | *To feel very lonely* |
| **Subir de peso** | *To gain weight* |
| **Tener buenos habitos de alimentiacion** | *To have good eating habits* |