

Mental Health Terms

Term	English Definition	Mien Translation/Description
Aggressive <i>Ciouv/beqv</i>	Tending toward unprovoked offensives, attacks or invasions	Zoux ciouv bun maiv duqv doix dekc nyei mienh, zoux doqc fai qaangv maanh sic
Anxiety <i>Kuonx Hnyouv sic</i>	A state of apprehension and psychic tension; distress or uneasiness of mind caused by fear of danger or misfortune	Yietc yungc nzauh heix nyei jauv zanx yiem hnamv nyei eix; nyauv jienv fai hnyouv maiv henh nzaic laaix gamv-nziex taux heiv sic fai ga'naanh sic
Attitude <i>Fiem-fingx</i>	Manner, disposition, feeling, position with regard to person or thing; tendency of the mind	Zoux nyei sic, guenx nyei jauv, hnamv nyei jauv, dongh maaih zoux doix mienh nyei sic fai ga'naav; hnamv nyei eix douc.
Balance <i>Baengh dangv</i>	Mental steadiness or emotional stability; habit of calm behavior, judgment	Hnyouv dingc nyei fai zoux sic wuonv nyei; suonc eix nyei hnyouv, siemv nyei sic
Bipolar / <i>bung-weic</i>	Major affective disorder that is characterized by episodes of mania and depression	Hlo nyei liouh lunc aapv zuqc nyei sic duqv biux mengh maaih ziex yiemp maiv nzang nyei jauv caux kuonx hnyouv nyei sic.
Blame <i>Guaix-daauh</i>	To hold responsible find fault with; to place the responsibility for	Haih zorqv zuqc liuc leiz nyei bienv dorngc bun; zorqv zuqc ndaam-dorng nyei an weic
Borderline Personality <i>Taux bin/Gapv-jaaij Mienh nyei jouc setv</i>	A personality disorder characterized by instability in many areas, as mood, identity, self-image, and behavior, and often manifested by impulsive actions, suicide attempts, inappropriate anger, or depression	Yietc laanh mienh liouh lunc nyei jouc setv duqv biux mengh taux maiv dingc nyei camv wuonc dorngx, hnangv eix douc, doix diuc, ganh nyei mou zeiv, caux corngh zingh, caux a'loc zoux cuotv daaih nyei sic, hnamv oix daix ganh, qieq jiez, fai nzauh huaang nyei sic
Coping <i>Minc zinh</i>	To deal successfully with or handle a situation; manage	Haih hec bun-jaiv duq cing cov nyei caux fai haih zaangv duqv sic daauh nyei jauv nyei; gunv duqv gong nyei
Crying <i>Nyiemv</i>	To sob or shed tears because of grief, sorrow, or pain; weep	Zuqc diev fai zuqc liouc wuom-mueic weic laaix nzauh haic, ndortv naanc, fai zuqc mun; zuqc nzauh nyiemv
Cultural shock <i>Guei-jei kuonx hoic</i>	A condition of confusion and anxiety affecting a person suddenly exposed to an alien culture	Yietc yungc maiv cing nyei sic daauh yaac liemh zeix kuonx jienv hnyouv yien weic guei-jei leiz-nyeic nyei jauv
Delusion/ <i>Njoiz</i>	A false belief or opinion	Yietc nyungc henh douc fai waac-eix

Term	English Definition	Mien Translation/Description
Depression <i>Nzauh huaang</i> <i>Nzauh lunc</i>	The condition of feeling sad or despondent; A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death.	Haiz hnyouv nzauh nyei sic gaaix fai haiz suei mi'aqv; yietc nyungc yiem hnamv nyei liouh lunc sic, hnyouv maiv haih maaih dingh torqv, bueix maiv njormh, nyanc maiv kuv, gengh haiz nzauh gau, haiz dorngc, maiv lamh kaux, caux maiv lamh hnamv, haiz oix daic aqv.
Insomnia <i>Bueix maiv</i> <i>njormh</i>	Chronic inability to fall asleep or remain asleep for an adequate length of time	Ziex laaic lauh bueix maiv njormh fai maiv haih njormh daaih lauh aqv
Dissociative Identity <i>Leih nqi,</i> <i>Doix diuc</i>	A condition in which a person displays multiple distinct identities or personalities	Yietc diuc yiem yietc laanh mienh ganh duqv zoux cuotv daaih nyei sic maaih ziex nyungc maiv doix diuc fai ziex diuc jouc setv
Emotion <i>Ging nyei</i>	Any strong feeling, as of joy, sorrow, or fear	Nyungc-nyungc ngaengc nyei eix, hnangv a'hneiv, nzauh, fai gamv-nziex
Emotional Exhaustion <i>Hnyouv ging</i> <i>Suei nyei sic</i>	Chronic state of physical and emotional depletion that results from excessive job demands and continuous stress	Sin zaangc haiz daaih lauh aqv caux haiz yiem hnyouv zaangc yaac kungx nzengc mi'aqv weic laaix gong camv jiex ndaangc caux maiv dingh liouh nyei hoic jienv yiem
Empowerment <i>Bun qaqv nyei</i>	Increasing the spiritual, political, social, or economic strength of individuals and communities	Ceix jiez singx maengc nyei jauv, guoqv zaangc sic, seix zaangc sic, fai siqv-jeiv haengh wangc qaqv-mouc, caux domh zuangx horngc zaangc
Energy <i>Qaqv/Henv</i>	The capacity for work or vigorous activity	Maaih buonv-zeic weic zoux gong fai jienh zoux duqv gong-bou henv
Failure <i>Ndortrv Baaic</i>	The state or condition of not meeting a desirable or intended objective, and may be viewed as the opposite of success	Maiv zaaic mbaengc dongh funx ziangx nyei fai maiv taux bouc duqv mangc buatc nyei, caux buatc maiv doix diuc zornc nyei jauv
Fatigue <i>Kuonx, kouv</i>	Weariness from bodily or mental exertion; physical or mental exhaustion due to exertion	Sin zaangc mau haic, fai hnyouv zaangc suei nyei jauv; sin zaangc caux hnyouv-qaqv nzengc mi'aqv laaix cuotv qaqv nyei sic
Fear driven <i>Haeqv zuqc</i>	Something that causes feelings of dread or apprehension; something a person is afraid of	Nyungc baav zoux bun hnyouv haiz gengh gamv-nziex haic; fai nyungc baav ga'naaiv laanh baav mienh ganh gamv-nziex haic
Fearful and worry <i>Gamv-nziex</i> <i>nyei caux</i> <i>kuonx hnyouv</i>	A cause of uneasiness or anxiety	Zoux bun maiv kuv-yiem yietc deix fai maaih kuonx hnyouv nyei sic

Term	English Definition	Mien Translation/Description
Rejection <i>Sienv guangc nyei</i>	The act of rejecting or the state of being rejected	Zuqc sienv guangc nyei sic fai haiz zuqc sienv guangc mi'aqv
Feeling tense <i>Haiz baeng jienv</i>	In a state of mental nervous strain; strain upon the nerves or feelings	Yiem hnyouv gu'nyuoz haiz maiv bungx laangc nyei jauv corng jienv; haiz zinx nyei jauv corng jienv nyei
Flashback <i>Jangx nqaang</i>	Survivors of traumatic experiences are revisited by elements of the traumatic experience	Zuqc haeqv nyei mienh duqv diev jiex daaih nyei, corc aengx jangx jienv dongh zuqc haeqv liuz wuov deix jauv
Grief <i>Kuonx nzauh jauv</i>	Keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret	Kuonx hoic jienv hnyouv nyei sic fai hnyouv mun jiex ndaangc doh duqv fai ndortv nyei, siemv-zingh; mun haic yaac hnamv-nzuonx
Guilt <i>Dorngc</i>	Remorse or self-reproach caused by feeling that one is responsible for a wrong or offence; the fact or state of having done wrong or committed an offence	Haiz dorngc mi'aqv, fai guaix ganh laaix haiz ganh zoux nyei waaic sic fai dorngc nyei sic; sic daauh fai laaix duqv zoux dorngc nyei fai benx yietc diuc duqv doix dekc nyei sic
Hallucination <i>Hnyouv maiv henh</i>	False or distorted perception of object or events with compelling sense of their reality, usually resulting from a mental disorder or drug	Jaav-sic fai niouv cuotv maiv ngaengc nyei ga'naav fai sic daauh aapv hoic zuqc ninh mbuo nyei zien sic cuotv daaih, nzengc-nzengc yiem liouh lunc hnyouv hnamv cuotv daaih nyei fai in zoux bun nyei
Harmony (in family) <i>Jiu tong (hmuangv doic)</i>	Agreement in action, opinion, feeling; order or congruity of parts to their whole or to one another	Laengz juangc zoux nyei sic, daav za'eix, hnamv nyei jauv, yietv-nyeic fai dongh fim horpc eix nyei yiem fai laanh doix laanh nyei
Headache <i>M'nqorngv mun</i>	A pain located in the head, as over the eyes, at the temples, or at the base of the skull	Mun yiem m'nqorngv gu'nyuoz, yiem m'zing-menc, yiem biorngf, fai yiem m'nqorngv-korqv-jomc wuov deix dorngx
Hope <i>Maaih lamh hnamv</i>	To believe, desire, or trust; to feel that something desired may happen	Haih sienx duqv, oix duqv nyei, fai bungx hnyouv nyei, haiz dongh oix duqv nyei gengh haih duqv nyei
Hopelessness <i>Maiv lamh hnamv</i>	A feeling of futility and passive abandonment of oneself to fate	Haiz maiv lamh longc yietc deix caux benx ga'naav guangc ganh zuqc siouc aqv
Karma/ <i>Nipc ging</i>	Fate; destiny	Wuonc qjex; maengc leiz nyei buangh daauh
Happy <i>A'hneiv</i>	Delighted, pleased, or glad, as over a particular thing; Feeling, showing or expressing joy	Maaih a'hneiv, horpc hnyouv, fai longx hnyouv, hnangv maaih lengc jeiv nyei ga'naav; hnamv nyei, zoux cuotv nyei sic, fai maaih njen-youh haic nyei sic

Term	English Definition	Mien Translation/Description
Loneliness <i>Ndoqc nyei jauv</i>	Resulting from the state of being alone; isolated, unfrequented, or desolate	Yiem ndoqc nyei jauv cuotv daaih nyei, haiz lengh haic, maiv maaih doic, fai haiz korv-lienh gau
Meditation <i>Corngh muangx Hnamv muangx</i>	Continued or extended thought; reflection; contemplation; devout religious contemplation or spiritual introspection	Ziangh diuh nyei hnamv jienv yiem; liouh linh nyei; nzamc jienv yiem; fiou yiem-gong nyei jaув louc; fai singx maengc nyei corngh zingh
Memory <i>Jang-fingx</i>	A mental impression retained; a recollection	Aamx jienv yiem hnyouv-jangx gu'nyuoz; yietc diuc corc siou jienv yiem hnyouv nyei
Mental health <i>Corngh zingh heng-wangc</i>	Psychological well-being and satisfactory adjustment to society and to the ordinary demands of life	Hnyouv zaang zaang haih duqv longx nyei sic caux buangv eix nyei jaув, puix duqv horpc seix zaangc caux haih doix duqv pou-tong maengc leiz nyei sic daauh
Mental health professional <i>Dimv mangc corngh zingh heng-wangc nyei jaув louc</i>	A health care practitioner who offers services for the purpose of improving an individual's mental health or to treat mental illness.	Yietc norm ziux goux heng-wangc gorn nyei ndie-sai nyei nzie-weih weic bun-jaiv taux siqv-jeiv corngh zingh heng-wangc haih maaih bieqc bouc nyei sic fai haih duqv zorc longx corngh zingh nyei baengc zingh
Mental illness <i>Corngh zingh nyei baengc</i>	Any of various disorders in which a person's thoughts, emotions, or behavior are so abnormal as to cause suffering to himself, herself, or other people	Dongh maiv doix diux nyei yietv-nyeic yiem yietc lamh mienh hnamv nyei jaув, ging nyei sic, fai eix douc dongh maiv zeiz pou-tong nyei nor ziouc haih zoux hoic zuqc ninh ganh, fai hoic zuqc ganh deix mienh
Nervousness <i>Hnyouv faix nyei sic</i>	Highly excitable; unnaturally or acutely uneasy or apprehensive	Jiex ndaangc haih zorngh duqv nyei sic; maiv zeiz henh gau nyei sic fai zoux maiv mingh fai nzauh heix zoux maiv longx nyei nyei sic
Nightmare <i>Zuqc maaix</i>	A terrifying dream in which the dreamer experiences feelings of helplessness, extreme anxiety, sorrow, etc.	Yietc nyungc gamv-nziex jiex nyei mbeix yiem naaic nyungc mbeix haiz maiv lamh kaux yietc deix, kuonx hnyouv gau, ndortv naanc gau, etc.
Obsessive/ <i>Maiv cing</i> Compulsive/ <i>Aapv Disorder/</i> <i>Maiv sung</i>	A disorder in which individuals are plagued by persistent, recurring thoughts or obsessions that reflect exaggerated anxiety or fears.	Baengc zingh hoic jienv nyei mienh maiv sung-sangv yietc deix, loz nyei corc butv jienv daaih guaax hnyouv gau fai tipv jaa kuonx naanc nyei sic buangv hnyouv nzengc fai gamv-nziex
Optimism <i>Zunv dingc</i>	The belief that good ultimately predominates over evil in the world	Sienx dingc gorngv longx nyei sic gengh haih duqv goix jiex orqv nyei sic yiem naaiv norm lungh ndiev
Over eating and weight gain <i>Nyanc jiex ndaagc yaac jaa hniev-soux</i>	To eat more than is good for oneself	Nyanc camv jiex ndaangc dongh haih benx longx nyei bun taux ganh

Term	English Definition	Mien Translation/Description
Pain <i>Mun</i>	A physical suffering or distress, as due to injury, illness, etc.	Sin zaangc kuonx kouv fai kuonx hoic, hnangv zuqc mun, baengc zingh, etc.
Panic attack <i>Buanh heiv sic</i>	An intense attack of anxiety characterized by feelings of impending doom and trembling, sweating, pounding heart, and other physical symptoms	Buanh zuqv yietc nyungc hneiv nyei kuonx hnyouv sic haiz hnangv maengc daaix zuqc nyei sic oix lamh cuotv nor, caux sin zinx, cuotv hanc, zuic nyiev hnyouv, caux sin zaangc nyei ganh nyungc kuonx naanh
Personality disorder <i>Siqv-jeiv nyei liouh lunc sic</i>	Any of a group of mental disorders characterized by deeply ingrained maladaptive patterns of behavior and personality style, which are usually recognizable as early as adolescence and are often lifelong duration	Maiv gunv haaix nyungc corngh zingh liouh lunc nyei sic duqv biux mengh taux yiem ndo nyei jomc zingh nyei jouc setv tiuv maiv duqv nyei caux siqv-jeiv sic nyei mou zeiv, Dongh a'loc jangx jienv yiem lunx fu'jueiv caan wuov zanc caux dongh a'loc benx jienv daaih lauh ndaauv nyei sic
Post-traumatic stress <i>Jiex daaih zuqc haeqv nyei sic</i>	Caused by the experience of a wide range of traumatic events and, particularly if the trauma is extreme, can occur in persons with no predisposing conditions	Weic laaix duqv buangh daaih nyei sic benx heiv nyei sic gaaix ziangh diuh linh jienv cuotv nyei, lengc jeiv nyei se gorngv haeqv jiex ndaangc nyei sic, zoux bun yiem wuov laanh mienh gauh gunv maiv duqv ganh nyei sic
Prevention <i>Zorngħ mbenc</i>	The act of prevention; a hindrance, obstacle or impediment	Benx zorngħ mbenc nyei sic; yietc nyungc haih dangv zuqc jauv nyei, nqaeqv zuqc nyei fai laanh zuqc nyei sic
Psychiatrist <i>Zaah corngh zingh nyei Ndie-Sai</i>	A physician who specializes in the diagnosis and treatment of mental disorders	Lengc jeiv nyei ndie-sai zaah kauv lorz zorc corngh zingh liouh lunc nyei baengc zingh nyei jauv
Relax <i>Dingh njiec</i>	To release or bring relief from the effects of tension, anxiety, etc.	Haih bungx nqoi fai haih dorth tengh heng nyei jauv bun taux beqv nyei sic, kuonx hnyouv sic, etc.
Rest <i>Hitv kuonx</i>	A period or interval of inactivity, repose, solitude, or tranquility; mental or spiritual calm	Yietc douc fai maiw zoux gong nyei qangx, dingh gong, henh, fai nzieqc zingx; hnyouv zaangc fai singx maengc orn-lorqc
Sadness <i>Nzauh zingh</i>	Causing sorrow; affected by unhappiness or grief; sorrowful or mournful	Zoux bun you-nzauh; maiw maaih njien-youh nyei jauv fai siem-zingh; gengh maaih you-nzauh fai kuonx naanc buangv nzengc
Shame Nyaiv	A fact or circumstance bringing disgrace or regret	Yietc diuc fai nzaic zingh dorth baaic hmien nyei jauv fai hnamv-nzuonx nyei sic
Side effects <i>Ga'hlen nyauv nyei sic</i>	Any effect of a drug, chemical, or other medicine that is in addition to its intended effect, especially an effect that is harmful or unpleasant	In benx la'nyauv nyei nyungc sic, ndie-peux, fai ganh nyungc ndie-zorc dongh zoux bun benx la'nyauv nyei, lengc jeiv nyei dongh benx hoic zuqc nyei sic, fai maih horpc hnyouv nyei sic

Term	English Definition	Mien Translation/Description
Spirit Lingh fingx	The principle of conscious life; the vital principle in humans, animating the body or mediating between body and soul	Benx bun cing biux mengh maengc leiz nyei gornndoqv; maengc nyei gornndoqv yiem baamh mienh gu'nyuozi, dongh dorh sin, fai dongh yiem sin caux wuonh nyei mbu'ndongx
Stigma Zuqc nyaiv	A mark of disgrace of infamy; a stain or reproach, as to one's reputation	Yietc dorngx zuqc nyaiv nyei zuqc waaic mengh taux nyei; yietc diemv la'hlopv fai zuqc mangc piex, hnangv yietc laanh mienh nyei mengh hoc nor
Stress You-nzauh	Mental, emotional, or physical strain or tension	Hnamv nyei javv, ging hnyouv nyei javv, fai baeng jienv sin zaangc nyei fai beqv njoorgh corng jienv nyei sic
Struggle La'nyauv sic	To contend with an adversary or opposing force	Doix dekc caux yietc nyungc win-wangv fai doix dekc nyei qaqv
Suicide Daix ganh	The intentional taking of one's own life	Liepc hnyouv oix zorqv nqoi ganh nyei maengc
Survivor Doh duqv jiez nyei mienh	A person who continues to function or prosper in spite of opposition, hardship, or setbacks	Yietc laanh mienh ziangh diuv nyei dongz jienv yiem fai borngz jienv mingh dongh huang nyei daaih doix dekc sic, kouv naanc, fai hluotv nqaang
Traumatized Zoux bun zuqc haeqv	To cause a trauma in the mind	Zoux bun maaih gamv-nziex (biatc) yiem hnyouv gu'nyuozi
Trembling Sin zinx	To shake involuntarily with quick, short movements, as from fear, excitement, weakness or cold; quake; quiver; to be troubled with fear or apprehension	Liemh zeih sin zinx maiv zeiz baac-baac zoux nyei, dongz maiv nangc lauh, hnangv gamv-nziex wuov daaih, jiex ndaangc zorng duqv nyei, mau haic fai namx, dongz nyanh nyanh, ndatc ndatc deix, weic laaix zuqc haeqv liuz fai kuonx jienv hnyouv nyei sic
Unstable Maiv dingc	Emotional instability	Hnyouv zaangc maiv dingc ging haic
Wellness Heng-wangc	The quality or state of being healthy in body and mind, especially as the result of deliberate effort	Dongh puix duqv horpc nyei fai sin zaangc wangc siangx caux hnyouv zaangc nyei, lengc jeiv nyei hnangv cuotv duqv longx nyei qaqv daaih nor

