

## VOCABULARY · EPISODE 36

# Calm English for Tired Minds

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to decompress

**descomprimirse · liberar la tensión mental****DEF**

to relax and release mental or emotional tension after a period of stress or intense activity

*Decompress is borrowed from engineering (releasing air pressure) — applied to the mind, it means letting go of built-up tension. Calm English listening is designed specifically for decompression.***ES**

Relajarse y liberar la tensión mental o emocional después de un período de estrés o actividad intensa.

Tomado de la ingeniería — aplicado a la mente, significa liberar la tensión acumulada.

**After a long day at work, she decompressed by listening to calm English for twenty minutes.**

After a long day at work, she decompressed by listening to calm English for twenty minutes. -&gt; Después de un largo día de trabajo, se descomprimió escuchando inglés tranquilo durante veinte minutos.

**Decompressing is not the same as doing nothing — it is actively allowing the mind to return to rest.**

Decompressing is not the same as doing nothing. -&gt; Liberar la tensión mental no es lo mismo que no hacer nada.

2

## mental fatigue

**el cansancio mental · el agotamiento cognitivo****DEF**

the feeling of exhaustion that comes specifically from prolonged mental effort, thinking, or decision-making — not physical tiredness

*Mental fatigue is different from sleepiness — you can be physically fine but unable to think clearly. Language learners experience it intensely after using a second language all day. Recognising it helps you respond intelligently.***ES**

La sensación de agotamiento que proviene específicamente del esfuerzo mental prolongado, el pensamiento o la toma de decisiones.

Es diferente del sueño — puedes estar bien físicamente pero incapaz de pensar con claridad.

**After six hours of meetings in English, she suffered from severe mental fatigue.**

After six hours of meetings in English, she suffered from severe mental fatigue. -&gt; Después de seis horas de reuniones en inglés, sufrió un grave cansancio mental.

**Calm audio is ideal for mental fatigue — your ears keep learning even when your brain is tired.**

Calm audio is ideal for mental fatigue — your ears keep learning even when your brain is tired. -&gt; El audio tranquilo es ideal para el agotamiento cognitivo — tus oídos siguen aprendiendo aunque tu cerebro esté cansado.

3

## to unwind

descansar la mente · relajarse poco a poco

### DEF

to gradually relax after a period of tension, activity, or stress; to allow the body and mind to return to a calm state

*Unwind is gentler than decompress — it suggests a slower, more organic relaxation, like a spring slowly releasing. The best kind of English practice for tired evenings.*

### ES

Relajarse gradualmente después de un período de tensión, actividad o estrés; permitir que el cuerpo y la mente regresen a un estado de calma.

Es más suave que descomprimirse — sugiere una relajación más lenta y orgánica.

***She unwound every evening with thirty minutes of this podcast before bed.***

She unwound every evening with thirty minutes of this podcast before bed. -> Cada tarde descansaba la mente con treinta minutos de este podcast antes de acostarse.

***English doesn't always have to be an effort — sometimes the best practice is simply unwinding with calm content.***

Sometimes the best practice is simply unwinding with calm content. -> A veces la mejor práctica es simplemente relajarse poco a poco con contenido tranquilo.

4

## burnout

el agotamiento extremo · el síndrome de burnout

### DEF

a state of chronic exhaustion caused by prolonged stress — physical, emotional, and mental depletion

*Burnout is now widely used in English — it is the word for when decompressing is no longer enough and you need a complete stop. Knowing the word helps you recognise and name the experience before it gets worse.*

### ES

Un estado de agotamiento crónico causado por el estrés prolongado — depleción física, emocional y mental.

Muy usado en inglés moderno — la palabra para cuando ya no alcanza con descansar y necesitas parar del todo.

***Many language learners experience burnout if they push too hard without rest — the solution is prevention.***

Many language learners experience burnout if they push too hard without rest — the solution is prevention. -> Muchos estudiantes de idiomas experimentan el agotamiento extremo si se esfuerzan demasiado sin descanso — la solución es la prevención.

***She recognised the signs of burnout early and took a week away from all English study.***

She recognised the signs of burnout early and took a week away from all English study. -> Reconoció los signos del síndrome de burnout con tiempo y se tomó una semana alejada del estudio del inglés.

5

## to switch off

desconectar · apagar la mente del trabajo y las preocupaciones

### DEF

to stop thinking about work or responsibilities and allow your mind to rest completely

*Switch off is the mental version of turning a device off. In English, we say we need to switch off — from email, from study, from pressure. Crucial for sustainable learning: if you cannot switch off, you cannot truly rest.*

### ES

Dejar de pensar en el trabajo o las responsabilidades y permitir que tu mente descanse completamente.

La versión mental de apagar un dispositivo. En inglés decimos que necesitamos desconectar — del email, del estudio, de la presión.

**After an intense week of English study, spend Saturday doing something that lets you switch off completely.**

After an intense week of English study, spend Saturday doing something that lets you switch off completely. -> Después de una semana intensa de estudio de inglés, pasa el sábado haciendo algo que te permita desconectar completamente.

**She found it almost impossible to switch off until she started leaving her phone in another room.**

She found it almost impossible to switch off until she started leaving her phone in another room. -> Le resultaba casi imposible apagar la mente del trabajo y las preocupaciones hasta que empezó a dejar el teléfono en otra habitación.

6

## to recharge your batteries

recargar las pilas · recuperar la energía para volver a funcionar bien

### DEF

to rest and recover your energy so that you can function well again

*Recharge your batteries is a vivid mechanical metaphor that everyone understands. Rest is not laziness — it is maintenance. The battery needs to be recharged before it can power anything. Apply this directly to English learning: rest is part of the process.*

### ES

Descansar y recuperar tu energía para poder funcionar bien de nuevo.

Metáfora mecánica vívida. El descanso no es pereza — es mantenimiento. La batería necesita recargarse antes de alimentar algo.

**Take the weekend off to recharge your batteries — you will study better on Monday.**

Take the weekend off to recharge your batteries — you will study better on Monday. -> Tómame el fin de semana libre para recargar las pilas — el lunes estudiarás mejor.

**She spent the holiday completely recharging her batteries and came back to English practice feeling energised.**

She spent the holiday completely recharging her batteries and came back to English practice feeling energised. -> Pasó las vacaciones recargando completamente sus pilas y volvió a la práctica de inglés sintiéndose llena de energía.

## 7 headspace

### espacio mental · capacidad para pensar con claridad

#### DEF

the mental and emotional capacity to think clearly, deal with things, or be present — not to be confused with the app

*Headspace is informal and modern — it means the space in your mind that allows you to function. When you are overwhelmed, you have no headspace. Rest, calm, and simplicity create headspace. Essential for anyone juggling learning with a busy life.*

#### ES

La capacidad mental y emocional para pensar con claridad, gestionar cosas o estar presente.

Informal y moderno — significa el espacio en tu mente que te permite funcionar. Cuando estás abrumado, no tienes espacio mental.

***I need some headspace before I can think about my next English goal — the last few weeks have been exhausting.***

I need some headspace before I can think about my next English goal — the last few weeks have been exhausting. -> Necesito un poco de espacio mental antes de poder pensar en mi próximo objetivo de inglés — las últimas semanas han sido agotadoras.

***Creating headspace is the first step — once your mind is clear, deciding how to practise becomes simple.***

Creating headspace is the first step — once your mind is clear, deciding how to practise becomes simple. -> Crear capacidad para pensar con claridad es el primer paso — una vez que tu mente está despejada, decidir cómo practicar se vuelve sencillo.

## 8 to take it easy

### tomárselo con calma · no presionarse y relajarse

#### DEF

to relax, reduce your effort or pace, and avoid putting yourself under pressure

*Take it easy is the instruction to be gentle with yourself — to slow down and not push. It is used as advice (take it easy this weekend), as a farewell (take it easy!), and as a general approach to life. Very common in informal English.*

#### ES

Relajarse, reducir el esfuerzo o el ritmo y evitar ponerte bajo presión.

La instrucción de ser amable contigo mismo — reducir el ritmo y no forzarte. Se usa como consejo, como despedida y como actitud de vida.

***After finishing a big exam, take it easy for a few days before you start the next challenge.***

After finishing a big exam, take it easy for a few days before you start the next challenge. -> Después de terminar un examen importante, tómatelo con calma unos días antes de empezar el siguiente reto.

***She learned to take it easy with English on weekends and found that she came back much fresher on Monday.***

She learned to take it easy with English on weekends and found that she came back much fresher on Monday. -> Aprendió a no presionarse y relajarse con el inglés los fines de semana y descubrió que el lunes volvía mucho más fresca.

## 9 to clear your head despejarse · aclarar la mente

### DEF

to remove stress, worry, or mental clutter by doing something relaxing or physical

*Clear your head is about active rest — a walk, a swim, a conversation with a friend. It contrasts with passive rest (just sitting). English learners find that physical activity clears the head and makes language acquisition happen more efficiently afterward.*

### ES

Eliminar el estrés, la preocupación o el desorden mental haciendo algo relajante o físico.

Se trata de descanso activo — un paseo, una conversación con un amigo. Contrasta con el descanso pasivo.

**When study feels overwhelming, go for a walk to clear your head before coming back to it.**

When study feels overwhelming, go for a walk to clear your head before coming back to it. -> Cuando el estudio se siente abrumador, da un paseo para despejarte antes de volver a él.

**She went for a run every morning to clear her head and found that her English conversations flowed much better afterwards.**

She went for a run every morning to clear her head and found that her English conversations flowed much better afterwards. -> Salía a correr cada mañana para aclarar la mente y descubrió que sus conversaciones en inglés fluían mucho mejor después.

## 10 restoration la restauración · la recuperación profunda de fuerzas

### DEF

the process of recovering your mental and physical strength after it has been depleted

*Restoration is slightly more formal than rest — it implies a deeper renewal. In the context of mental health and sustainable learning, restoration means not just stopping but actively rebuilding. Sleep, nature, and social connection are all restorative.*

### ES

El proceso de recuperar tu fuerza mental y física después de haberla agotado.

Ligeramente más formal que 'descanso' — implica una renovación más profunda. No solo parar, sino reconstruirse activamente.

**Real restoration requires more than a short break — it means giving your mind genuine space to rebuild.**

Real restoration requires more than a short break — it means giving your mind genuine space to rebuild. -> La restauración real requiere más que un descanso corto — significa darle a tu mente espacio genuino para reconstruirse.

**She approached rest as restoration — not just switching off, but actively choosing activities that genuinely renewed her.**

She approached rest as restoration — not just switching off, but actively choosing activities that genuinely renewed her. -> Abordó el descanso como recuperación profunda de fuerzas — no solo desconectar, sino elegir activamente actividades que la renovaban de verdad.