

Phrasal verbs para emociones y bienestar

Lenguaje cotidiano para describir cómo expresamos, regulamos y superamos emociones. No sustituye apoyo profesional en salud mental.

20

usos contextuales

5

subtemas

10

conexiones

Ruta de aprendizaje

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Escanea para abrir la lista web, consultar los otros significados de cada expresión y practicar con el quiz de 12 preguntas.

01 · Expresar emociones

4 expresiones para este momento o función.

bottle up

reprimir

- 1 Bottling frustration up usually makes the conversation harder.
- 2 He bottled his worries up until he could no longer concentrate.

let out

dejar salir

- 1 She let out a long sigh after the meeting.
- 2 She let her frustration out in a long, honest conversation.

open up

abrirse

- 1 He opened up about why the change worried him.
 - 2 She opened up to a trusted friend after the move.
- Conexión: 2 contextos · 2 sentidos

hold back

contener

- 1 I could not hold back my tears during the farewell.
- 2 He held his frustration back until the meeting was over.

02 · Momentos difíciles

4 expresiones para este momento o función.

break down

derrumbarse emocionalmente

- 1 She broke down after weeks of pressure.
 - 2 I nearly broke down when the final plan changed again.
- Conexión: 6 contextos · 5 sentidos

lash out

reaccionar con enojo

- 1 He lashed out when he felt cornered.
 - 2 She regretted lashing out at someone who was trying to help.
- Conexión: 2 contextos · 1 sentidos

freak out

alterarse mucho

- 1 Do not freak out; we still have time to fix it.
- 2 I freaked out when I could not find my passport.

get carried away

dejarse llevar

- 1 I got carried away and spoke more sharply than I intended.
- 2 We got carried away celebrating and missed the last bus.

03 · Calmarse y regularse

4 expresiones para este momento o función.

calm down

calmarse

- 1 A short walk helped me calm down.
 - 2 Slow breathing helped the group calm down before the presentation.
- Conexión: 3 contextos · 2 sentidos

slow down

bajar el ritmo

- 1 I need to slow down and focus on one task at a time.
- 2 She slowed her schedule down after several exhausting weeks.

wind down

relajarse gradualmente

- 1 She winds down by reading before bed.
- 2 A quiet routine helps the children wind down in the evening.

switch off

desconectarse mentalmente

- 1 It is difficult to switch off after a stressful day.
- 2 He switches off by cooking without looking at his phone.

04 · Recuperarse

4 expresiones para este momento o función.

get through

superar un momento difícil

- 1 Support from friends helped us get through the first week.
- 2 We got through the uncertainty by checking in with each other.

Conexión: 3 contextos · 3 sentidos

shake off

sacudirse o superar

- 1 He could not shake the disappointment off immediately.
- 2 A good night's sleep helped her shake the tension off.

bounce back

recuperarse

- 1 She bounced back after the difficult presentation.
- 2 The team bounced back after receiving difficult feedback.

Conexión: 2 contextos · 1 sentido

get over

superar

- 1 It took me a few days to get over the embarrassment.
- 2 He has not completely got over the shock yet.

Conexión: 4 contextos · 2 sentidos

05 · Bienestar y apoyo

4 expresiones para este momento o función.

cheer up

animarse

- 1 A message from an old friend cheered me up.
- 2 The surprise visit cheered everyone up.

look after

cuidar

- 1 Remember to look after yourself during busy weeks.
- 2 She looks after her wellbeing by protecting her weekends.

Conexión: 3 contextos · 2 sentidos

build up

fortalecer gradualmente

- 1 Small successes helped her build her confidence up.
- 2 Regular practice built his confidence up before the interview.

Conexión: 8 contextos · 6 sentidos

cut down on

reducir

- 1 I am cutting down on late-night screen time.
- 2 We cut down on news alerts when they began affecting our sleep.

Conexión: 4 contextos · 1 sentido

Práctica transversal

Doce preguntas distribuidas entre todos los subtemas. Responde sin mirar la lista; después compara con las soluciones.

1. ¿Qué expresión significa **reprimir**?
A. hold back B. let out C. open up D. bottle up
2. Explica en español qué significa **break down** en esta frase:
She broke down after weeks of pressure.
3. Escribe el phrasal verb que significa **calmarse** en calmarse y regularse.
4. ¿Qué expresión significa **superar un momento difícil**?
A. get through B. bounce back C. get over D. shake off
5. Explica en español qué significa **cheer up** en esta frase:
The surprise visit cheered everyone up.
6. Escribe el phrasal verb que significa **dejar salir** en expresar emociones.
7. ¿Qué expresión significa **reaccionar con enojo**?
A. get carried away B. lash out C. break down D. freak out
8. Explica en español qué significa **slow down** en esta frase:
I need to slow down and focus on one task at a time.
9. Escribe el phrasal verb que significa **sacudirse o superar** en recuperarse.
10. ¿Qué expresión significa **cuidar**?
A. cheer up B. cut down on C. look after D. build up
11. Explica en español qué significa **open up** en esta frase:
She opened up to a trusted friend after the move.
12. Escribe el phrasal verb que significa **alterarse mucho** en momentos difíciles.

Soluciones: 1. bottle up · 2. derrumbarse emocionalmente · 3. calm down · 4. get through · 5. animarse · 6. let out · 7. lash out · 8. bajar el ritmo · 9. shake off · 10. look after · 11. abrirse · 12. freak out