

"He was stressed out by all the travelling in his job."

T

terrific = fantastic: "I feel terrific today!"

terrible = ill or tired: "I've got a blinding headache and I feel terrible."

terrified = very scared: "She's terrified of spiders and screams whenever she sees one."

tense = not relaxed: "You look a bit tense. Did you have a bad day at work?"

U

upset = angry or unhappy: "I'm sorry you're upset – I didn't mean to be rude."

unhappy = sad: "I was unhappy to hear that I hadn't got the job."

V

victimised = to feel you are the victim of someone or something: "My boss kept criticising me and not the others, so I felt quite victimised."

W

wonderful = great: "I felt wonderful after such a relaxing weekend."

