

How To Express Your Well-Being in French



How to express your well-being in French

Description

How to express your well-being in French! In this episode, you'll learn how to say 'I'm in good spirit', 'I'm stressed out' or 'I'm in shape!'

In a hurry? No time to scroll? Save it for later? You can download the cheat sheet below ?

If you have any feedback about the quality of the episode (sound, pace, transcripts) show, feel free to reach out!

How to express your well-being in French

If you're not certain on how to use 'Avoir' and 'Etre' in French, please listen to this episode to review here: <https://speakfrenchavecmoi.com/french-bootcamp-1-avoir-etre-aller-and-faire/>

Le bien-être = well-being

#1 Expressions using 'AVOIR' in French

Avoir le moral = to be in good spirits such as j'ai le moral/ je n'ai pas le moral.

Avoir confiance en moi = to be confident such as j'ai confiance en moi / je n'ai pas confiance en moi.

Avoir la forme = to be in shape/to be healthy such as j'ai la forme/ je n'ai pas la forme

#2 Expressions using 'ETRE' in French

Etre détendu = to be relaxed such as je suis détendu.

Etre heureux/Etre heureuse = to be happy such as je suis heureux/je suis heureuse.

Etre de bonne humeur = to be in a good mood such as je suis de bonne humeur.

Etre de mauvaise humeur = To be in a bad mood such as je suis de mauvaise humeur.

Etre stressé (e) = To be stressed out such as je suis stressée

Etre fier/fière de moi = To be proud of myself such as je suis fier/fière de moi

#3 Expressions using 'SE SENTIR' in French

Please remember, French usually do not say 'I'm fine' or 'I'm well'. Instead you have to say 'I feel well'.

For that, you need to use a reflexive verb. A reflexive verb is used with an extra pronoun, similar to saying 'I feel well myself'...

Se sentir bien = I feel well/I'm fine/ such as je me sens bien/je ne me sens pas bien

Se sentir mal = I feel bad such as je me sens mal

Voilà, now you know how to express your well-being in French! I hope it was a five-star experience for you. I really want to be helpful and share my knowledge with you. So if you want to help other listeners to discover my podcast, go ahead and leave a five star rating on [Spotify](#) (only in the app), [Apple podcast](#), [Audible](#)....

If you have any feedback about the quality of the episode (sound, pace, transcripts) show, feel free to reach out!

And if you are still reading, check this: I've put together a one-hour course FOR FREE just for you! You will speak French under one hour guaranteed! Try it! Find out more details by clicking on speakfrenchavecmoi.com.

Thank you again, and please share with your friends, comment, and join the [Facebook page](#) or [Instagram](#) account!