



jiǎn yā
减压

Verb · to reduce pressure

Example Sentence

tīng yīn yuè shì wǒ zuì xǐ huan de jiǎn yā fāng shì.
听音乐是我最喜欢的减压方式。

Listening to music is my favorite way to reduce pressure.

Trace each character, then write the word on your own.

减	减	减	减	减	减	减	减	减	减	减
减	减	减								

压	压	压	压	压	压	压	压	压		

