"Mental" is a word that can have different meanings depending on the context in which it is used.

One common meaning of "mental" is related to the mind or brain. For example, a "mental disorder" refers to a condition that affects a person's thoughts, emotions, and/or behaviors. Similarly, "mental health" refers to the overall state of a person's psychological well-being.

"Mental" can also be used to describe something that is related to or characteristic of the mind. For instance, "mental agility" refers to the ability to think quickly and flexibly, while "mental toughness" refers to the ability to persevere in the face of adversity or challenge.

In some contexts, "mental" is used to indicate that something is not physical or tangible. For example, "mental exercise" refers to activities that challenge the mind, such as solving puzzles or learning new skills.

Overall, "mental" is a versatile word that can be used to describe a wide range of concepts and experiences related to the mind, brain, and psychological well-being.