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Vocabulary Builder Reference from...

KC Davis: How to do laundry when you're depressed
| TED Talk

https://www.ted.com/talks/kc_davis_how_to_do_laundry_when_you_re_depressed_jan_2022

Advanced Words Only

IMPORTANT

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Session 1: Word List

postpartum

adj. occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

synonym: afterbirth, postnatal, postdelivery

(1) **postpartum** workout, (2) lose **postpartum** belly fat
Many women experience **postpartum** depression after giving birth.

meticulous

adj. cautious and precise; paying great attention to detail
synonym: careful, precise, thorough

(1) take **meticulous** notes, (2) a **meticulous** carpenter
She is known for her **meticulous** attention to detail in her work.

lockdown

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

(1) go on **lockdown**, (2) **lockdown** area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

blur

n. a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear

vision

synonym : smudge, smear, fuzz

(1) **blur** image, (2) motion **blur**

The camera's focus was off, and the image was a **blur** of colors and shapes.

breastfeeding

n. the act of feeding a baby with milk produced by the mother's breasts

synonym : nursing, lactation, suckling

(1) **breastfeeding** mother, (2) **breastfeeding** support

Getting the hang of **breastfeeding** at first can be challenging, but with patience and practice, it gets easier.

meltdown

n. a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically

synonym : collapse, disaster, failure

(1) **meltdown** disaster, (2) economic **meltdown**

The nuclear **meltdown** in the country was a disaster with far-reaching consequences.

sting

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

synonym : bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel threatened.

glutton

n. a person who eats and drinks excessively

synonym : pig, hog, gourmand

(1) **glutton** appetite, (2) **glutton** for work

He was called a glorified **glutton** because he always ate more food than anyone else at the table.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

brace

n. a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

synonym: support, clamp, (verb) strengthen

(1) **brace** for impact, (2) **brace** my energies

She wore a **brace** on her leg to support her injured ankle.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym: group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

trimester

n. approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year

synonym: quarter, three months, 13 weeks

(1) second **trimester** ends, (2) **trimester** system

The first **trimester** of pregnancy is the most crucial for the development of the fetus.

burnout

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

bereavement

n. the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something

synonym : grief, sorrow, loss

(1) his sad **bereavement**, (2) **bereavement** leave

She was in a state of **bereavement** after her mother passed away.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym : rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

presort

v. to sort something in advance, especially mail

synonym : classify, categorize, organize

(1) **presort** mail, (2) **presort** media files

The mail carrier will **presort** the letters by zip code to expedite delivery.

detergent

n. a substance used for washing or cleaning, especially one that can remove dirt or stains effectively

synonym : soap, cleanser, disinfectant

(1) **detergent** solution, (2) laundry **detergent**

I use environmentally friendly **detergent** when I wash my clothes and dishes.

mildew

n. a thin, white, or grayish fungus, typically appearing on organic matter or plants that are damp or in a warm place

synonym : mold, fungus, rot

(1) powdery **mildew**, (2) remove **mildew** stains

The bathroom walls were covered in **mildew** from the dampness.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym : crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**
This suit is made of **wrinkle-proof** material.

nap

n. a short sleep, especially during the day

synonym : rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

synonym : self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

irresponsible

adj. not showing a proper sense of responsibility; not reliable

synonym : careless, reckless, thoughtless

(1) **irresponsible** actions, (2) **irresponsible** behavior

It was **irresponsible** of him to drive home after drinking so much alcohol.

immature

adj. not fully developed or grown; not fully mature

synonym : young, inexperienced, undeveloped

(1) an **immature** youth, (2) developmentally **immature**

His **immature** behavior often gets him into trouble.

sift

v. to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

synonym : filter, go through, sieve

(1) **sift** the candidates, (2) **sift** sand

The search engine helps **sift** information.

houseguest

n. a person who is staying as a guest in someone's house

synonym : visitor, guest, friend

(1) **houseguest** etiquette, (2) have a lot of **houseguests**

My **houseguest** from out of town stayed with us for a week, and it was so much fun showing them around the city.

crib *n.* a small, enclosed bed for a baby, typically on rockers
synonym: bed, bassinet, cradle

(1) **crib** bed, (2) baby **crib**

She put the baby in the portable **crib** for a nap.

liberate *v.* to set free; to release or rescue from captivity or oppression

synonym: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

hygienist *n.* a person who is trained in the principles of hygiene (= a condition promoting sanitary practices) and the promotion of good health; (also dental hygienist) a person who works with a dentist and whose job is to clean people's teeth to keep them healthy

synonym: cleaner, sanitizer, disinfectant

(1) **hygienist** profession, (2) certified industrial **hygienist**

The dental **hygienist** cleaned my teeth and gave me tips on improving my oral hygiene.

toothbrush *n.* a small brush with a handle used for cleaning the teeth
synonym: brush, scrubber, cleaner

(1) **toothbrush** stand, (2) power **toothbrush**

My **toothbrush** with end-rounded bristles is excellent for gently cleaning my teeth and gums.

floss *n.* a thin thread or cord used to clean the spaces between the teeth

synonym: thread, yarn, string

(1) candy **floss**, (2) dental **floss**

Be sure to use a clean section of **floss** for each tooth to avoid spreading bacteria.

rinse

v. to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash

synonym : wash out, flush, irrigate

(1) **rinse** out your mouth, (2) **rinse** the shampoo

Please **rinse** the soap off of those dishes well.

toothpaste

n. a paste or gel used for cleaning the teeth and freshening the breath

synonym : paste, gel, dentifrice

(1) **toothpaste** hygiene product, (2) **toothpaste** tube

I always use mint-flavored **toothpaste** to refresh my mouth in the morning and at night.

onesie

n. a one-piece garment for an infant or small child, typically consisting of a shirt and pants or shorts that are connected

(1) **onesie** outfit, (2) an animal **onesie**

The newborn baby looked adorable in her pink **onesie** with a cartoon rabbit on the front.

pajama

n. a pair of loose pants with a matching top, worn for sleeping or lounging

synonym : nightgown, nightdress

(1) care **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym : open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym : slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

Session 2: Spelling

1. lose pos_____um belly fat
adj. occurring after childbirth or delivery;
(noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth
2. aircraft au_____ot
n. a system that automatically controls the operation of an aircraft or spacecraft
3. dental fl__s
n. a thin thread or cord used to clean the spaces between the teeth
4. motion b__r
n. a faint or indistinct image or sound; something that is not clear or distinct;
(verb) to become unclear; to lose clear vision
5. he was ov_____lmed with gratitude
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
6. hy_____st profession
n. a person who is trained in the principles of hygiene (= a condition promoting sanitary practices) and the promotion of good health; (also dental hygienist) a person who works with a dentist and whose job is to clean people's teeth to keep them healthy
7. have a lot of hou_____sts
n. a person who is staying as a guest in someone's house
8. au_____ot function
n. a system that automatically controls the operation of an aircraft or spacecraft
9. powdery mi___w
n. a thin, white, or grayish fungus, typically appearing on organic matter or plants that are damp or in a warm place

ANSWERS: 1. postpartum, 2. autopilot, 3. floss, 4. blur, 5. overwhelm, 6. hygienist, 7. houseguest, 8. autopilot, 9. mildew

- | | |
|----------------------------|--|
| 10. a met_____us carpenter | <i>adj.</i> cautious and precise; paying great attention to detail |
| 11. bre_____ing support | <i>n.</i> the act of feeding a baby with milk produced by the mother's breasts |
| 12. br__e for impact | <i>n.</i> a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast |
| 13. laundry de_____nt | <i>n.</i> a substance used for washing or cleaning, especially one that can remove dirt or stains effectively |
| 14. go on lo_____wn | <i>n.</i> an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19 |
| 15. too_____sh stand | <i>n.</i> a small brush with a handle used for cleaning the teeth |
| 16. s__t the candidates | <i>v.</i> to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles |
| 17. un___d the story | <i>v.</i> to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown |
| 18. care pa___a | <i>n.</i> a pair of loose pants with a matching top, worn for sleeping or lounging |
| 19. irr_____ble actions | <i>adj.</i> not showing a proper sense of responsibility; not reliable |

ANSWERS: 10. meticulous, 11. breastfeeding, 12. brace, 13. detergent, 14. lockdown, 15. toothbrush, 16. sift, 17. unfold, 18. pajama, 19. irresponsible

20. bre_____ing mother *n.* the act of feeding a baby with milk produced by the mother's breasts
21. pr_____t mail *v.* to sort something in advance, especially mail
22. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
23. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
24. pr_____t media files *v.* to sort something in advance, especially mail
25. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
26. lo_____wn area *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
27. power too_____sh *n.* a small brush with a handle used for cleaning the teeth
28. li_____te people from oppression *v.* to set free; to release or rescue from captivity or oppression
29. s__t sand *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
30. br__e my energies *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

ANSWERS: 20. breastfeeding, 21. presort, 22. motto, 23. wrinkle, 24. presort, 25. sect, 26. lockdown, 27. toothbrush, 28. liberate, 29. sift, 30. brace

31. certified industrial hy_____st *n.* a person who is trained in the principles of hygiene (= a condition promoting sanitary practices) and the promotion of good health; (also dental hygienist) a person who works with a dentist and whose job is to clean people's teeth to keep them healthy
32. on___e outfit *n.* a one-piece garment for an infant or small child, typically consisting of a shirt and pants or shorts that are connected
33. me_____wn disaster *n.* a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically
34. an im_____re youth *adj.* not fully developed or grown; not fully mature
35. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
36. take a n_p *n.* a short sleep, especially during the day
37. st__g his face *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
38. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things

ANSWERS: 31. hygienist, 32. onesie, 33. meltdown, 34. immature, 35. sect, 36. nap, 37. sting, 38. prioritize

39. ri__e out your mouth *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
40. mental bu____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
41. tr_____er system *n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year
42. gl_____n for work *n.* a person who eats and drinks excessively
43. his sad ber_____nt *n.* the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something
44. un____d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
45. b__r image *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
46. too_____te tube *n.* a paste or gel used for cleaning the teeth and freshening the breath
47. developmentally im____re *adj.* not fully developed or grown; not fully mature
48. bu____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 39. rinse, 40. burnout, 41. trimester, 42. glutton, 43. bereavement, 44. unfold, 45. blur, 46. toothpaste, 47. immature, 48. burnout

49. candy fl__s *n.* a thin thread or cord used to clean the spaces between the teeth
50. baby c__b *n.* a small, enclosed bed for a baby, typically on rockers
51. li_____te potential *v.* to set free; to release or rescue from captivity or oppression
52. daytime n_p *n.* a short sleep, especially during the day
53. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
54. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
55. take met_____us notes *adj.* cautious and precise; paying great attention to detail
56. irr_____ble behavior *adj.* not showing a proper sense of responsibility; not reliable
57. economic me_____wn *n.* a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically
58. ber_____nt leave *n.* the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something
59. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
60. de_____nt solution *n.* a substance used for washing or cleaning, especially one that can remove dirt or stains effectively

ANSWERS: 49. floss, 50. crib, 51. liberate, 52. nap, 53. pajama, 54. overwhelm, 55. meticulous, 56. irresponsible, 57. meltdown, 58. bereavement, 59. prioritize, 60. detergent

61. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
62. pos_____um workout *adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth
63. c__b bed *n.* a small, enclosed bed for a baby, typically on rockers
64. remove mi____w stains *n.* a thin, white, or grayish fungus, typically appearing on organic matter or plants that are damp or in a warm place
65. ri__e the shampoo *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
66. second tr_____er ends *n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year
67. the mo__o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
68. an animal on____e *n.* a one-piece garment for an infant or small child, typically consisting of a shirt and pants or shorts that are connected
69. too_____te hygiene product *n.* a paste or gel used for cleaning the teeth and freshening the breath
70. st__g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

ANSWERS: 61. wrinkle, 62. postpartum, 63. crib, 64. mildew, 65. rinse, 66. trimester, 67. motto, 68. onesie, 69. toothpaste, 70. sting

71. gl_____n appetite

n. a person who eats and drinks
excessively

72. hou_____st etiquette

n. a person who is staying as a guest in
someone's house

ANSWERS: 71. glutton, 72. houseguest

Session 3: Fill in the Blanks

1. Please _____ the soap off of those dishes well.
 - v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash

2. He suffered from job _____ because of hard work.
 - n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

3. The bathroom walls were covered in _____ from the dampness.
 - n.* a thin, white, or grayish fungus, typically appearing on organic matter or plants that are damp or in a warm place

4. Too much variety may _____ and confuse viewers.
 - v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

5. My _____ from out of town stayed with us for a week, and it was so much fun showing them around the city.
 - n.* a person who is staying as a guest in someone's house

6. Many women experience _____ depression after giving birth.
 - adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

7. She is known for her _____ attention to detail in her work.
 - adj.* cautious and precise; paying great attention to detail

ANSWERS: 1. rinse, 2. burnout, 3. mildew, 4. overwhelm, 5. houseguest, 6. postpartum, 7. meticulous

8. My little sister loves to have _____ parties with her friends on the weekends.
- n.* a pair of loose pants with a matching top, worn for sleeping or lounging
9. The country's prime minister has decided to implement a nationwide _____ measure.
- n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
10. This suit is made of _____ material.
- n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
11. The organization _____ the needs of the community in its decision-making.
- v.* to assign a higher level of importance to something compared to other things
12. The mystery _____ as the detectives gathered more clues.
- v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
13. The first _____ of pregnancy is the most crucial for the development of the fetus.
- n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year
14. The search engine helps _____ information.
- v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

ANSWERS: 8. pajama, 9. lockdown, 10. wrinkle-proof, 11. prioritized, 12. unfolded, 13. trimester, 14. sift

15. The airplane was on _____ during the long flight.
n. a system that automatically controls the operation of an aircraft or spacecraft
16. His _____ behavior often gets him into trouble.
adj. not fully developed or grown; not fully mature
17. The camera's focus was off, and the image was a _____ of colors and shapes.
n. a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
18. The nuclear _____ in the country was a disaster with far-reaching consequences.
n. a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically
19. Be sure to use a clean section of _____ for each tooth to avoid spreading bacteria.
n. a thin thread or cord used to clean the spaces between the teeth
20. Getting the hang of _____ at first can be challenging, but with patience and practice, it gets easier.
n. the act of feeding a baby with milk produced by the mother's breasts
21. I use environmentally friendly _____ when I wash my clothes and dishes.
n. a substance used for washing or cleaning, especially one that can remove dirt or stains effectively
22. It was _____ of him to drive home after drinking so much alcohol.
adj. not showing a proper sense of responsibility; not reliable

ANSWERS: 15. autopilot, 16. immature, 17. blur, 18. meltdown, 19. floss, 20. breastfeeding, 21. detergent, 22. irresponsible

23. She wore a _____ on her leg to support her injured ankle.
- n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
24. She put the baby in the portable _____ for a nap.
- n.* a small, enclosed bed for a baby, typically on rockers
25. The newborn baby looked adorable in her pink _____ with a cartoon rabbit on the front.
- n.* a one-piece garment for an infant or small child, typically consisting of a shirt and pants or shorts that are connected
26. The mail carrier will _____ the letters by zip code to expedite delivery.
- v.* to sort something in advance, especially mail
27. She was in a state of _____ after her mother passed away.
- n.* the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something
28. She woke the kids up from their _____.
- n.* a short sleep, especially during the day
29. The dental _____ cleaned my teeth and gave me tips on improving my oral hygiene.
- n.* a person who is trained in the principles of hygiene (= a condition promoting sanitary practices) and the promotion of good health; (also dental hygienist) a person who works with a dentist and whose job is to clean people's teeth to keep them healthy
30. The prisoners were _____ after the war ended.
- v.* to set free; to release or rescue from captivity or oppression

ANSWERS: 23. brace, 24. crib, 25. onesie, 26. presort, 27. bereavement, 28. nap, 29. hygienist, 30. liberated

31. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
32. Bees _____ as a defense mechanism when they feel threatened.
- v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
33. He was called a glorified _____ because he always ate more food than anyone else at the table.
- n.* a person who eats and drinks excessively
34. My _____ with end-rounded bristles is excellent for gently cleaning my teeth and gums.
- n.* a small brush with a handle used for cleaning the teeth
35. I always use mint-flavored _____ to refresh my mouth in the morning and at night.
- n.* a paste or gel used for cleaning the teeth and freshening the breath
36. The minority _____ believed in a set of unconventional religious practices.
- n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 31. motto, 32. sting, 33. glutton, 34. toothbrush, 35. toothpaste, 36. sect