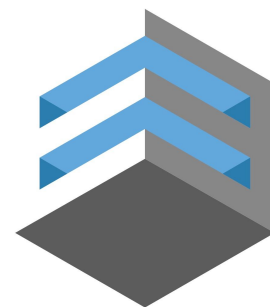


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Vocabulary Builder Reference from...

Wendy Suzuki: How to calm your anxiety, from a neuroscientist | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

inhale

v. to breathe in air or a different substance, such as smoke
synonym: breathe in, take in, draw in

(1) **inhale** the smoke, (2) **inhale** the aroma

He **inhaled** deeply, trying to calm down.

exhale

v. to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently

synonym: breathe out, expel, emit

(1) **exhale** a big sigh, (2) **exhale** cigarette smoke

He took a deep breath and slowly began to **exhale**.

destress

v. to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress

synonym: relax, unwind, decompress

(1) **destress** after a long day at work, (2) **destress** and improve mood

I always make sure to prioritize self-care to **destress** and recharge my batteries.

parasympathetic

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

synonym : relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

synonym : stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

monk

n. a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym : friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

neurochemical

adj. of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

(1) **neurochemical** substances, (2) **neurochemical** mechanism

Our study focuses on **neurochemical** changes in the brain.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

serotonin

n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

norepinephrine

n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

synonym : noradrenaline

(1) **norepinephrine** receptor, (2) enhance **norepinephrine** release

Some medications used to treat depression work by increasing the levels of **norepinephrine** in the brain.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

synonym : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

affirmation

n. a statement declaring something to be true strongly

synonym : confirmation, validation, endorsement

(1) self- **affirmation**, (2) statement of **affirmation**

The **affirmation** from her boss gave her the confidence she needed to move forward with her project.

retake

v. to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result

synonym : recapture, reclaim, recover

(1) **retake** photo, (2) **retake** control

I will have to **retake** this test to get a passing grade.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment
Children in an unstructured environment often feel **insecure**.

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.

telltale

adj. revealing or betraying information or evidence; serving as a sign or indicator of something

synonym: revealing, indicative, suggestive

(1) **telltale** evidence, (2) **telltale** heart

The **telltale** signs of a dishonest employee were missing files and constant delay.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

Session 2: Spelling

- | | | |
|--------------------------|----|---|
| 1. ex___e a big sigh | v. | to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently |
| 2. re___e photo | v. | to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result |
| 3. cloistered m__k | n. | a member of a religious community of men living under vows of poverty, chastity, and obedience |
| 4. se_____in drug | n. | a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory |
| 5. pri_____ze tasks | v. | to assign a higher level of importance to something compared to other things |
| 6. self-aff_____on | n. | a statement declaring something to be true strongly |
| 7. pr_____e a reaction | v. | to stimulate or give rise to a particular reaction or have a particular effect |
| 8. em_____y for patients | n. | the ability to share another person's feelings or experiences by imagining that person's situation |
| 9. en_____in rush | n. | a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being |

ANSWERS: 1. exhale, 2. retake, 3. monk, 4. serotonin, 5. prioritize, 6. affirmation, 7. provoke, 8. empathy, 9. endorphin

- | | |
|--|--|
| 10. statement of aff_____on | <i>n.</i> a statement declaring something to be true strongly |
| 11. de_____ss and improve mood | <i>v.</i> to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress |
| 12. nor_____ine receptor | <i>n.</i> (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure |
| 13. de_____ss after a long day at work | <i>v.</i> to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress |
| 14. se_____in levels | <i>n.</i> a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory |
| 15. te_____le evidence | <i>adj.</i> revealing or betraying information or evidence; serving as a sign or indicator of something |
| 16. m__k lifestyle | <i>n.</i> a member of a religious community of men living under vows of poverty, chastity, and obedience |
| 17. in_____re attachment | <i>adj.</i> not firm or firmly fixed; likely to fail or give way, or not assured of safety |
| 18. an in_____re future | <i>adj.</i> not firm or firmly fixed; likely to fail or give way, or not assured of safety |
| 19. in___e the aroma | <i>v.</i> to breathe in air or a different substance, such as smoke |
| 20. neu_____cal mechanism | <i>adj.</i> of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity |

ANSWERS: 10. affirmation, 11. destress, 12. norepinephrine, 13. destress, 14. serotonin, 15. telltale, 16. monk, 17. insecure, 18. insecure, 19. inhale, 20. neurochemical

21. neu_____cal substances *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
22. par_____tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
23. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
24. te_____le heart *adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
25. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
26. enhance nor_____ine release *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
27. ex_____e cigarette smoke *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
28. in_____e the smoke *v.* to breathe in air or a different substance, such as smoke

ANSWERS: 21. neurochemical, 22. parasympathetic, 23. dopamine, 24. telltale, 25. endorphin, 26. norepinephrine, 27. exhale, 28. inhale

29. pr____e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
30. do____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
31. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
32. re____e control *v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result
33. pri____ze people over cars *v.* to assign a higher level of importance to something compared to other things
34. par____tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

ANSWERS: 29. provoke, 30. dopamine, 31. empathy, 32. retake, 33. prioritize, 34. parasympathetic

Session 3: Fill in the Blanks

1. 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
2. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
3. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation
4. Some medications used to treat depression work by increasing the levels of _____ in the brain.
n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
5. The _____ signs of a dishonest employee were missing files and constant delay.
adj. revealing or betraying information or evidence; serving as a sign or indicator of something
6. The _____ from her boss gave her the confidence she needed to move forward with her project.
n. a statement declaring something to be true strongly
7. The medicine works by boosting _____ levels in the brain.
n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

ANSWERS: 1. prioritized, 2. insecure, 3. Empathy, 4. norepinephrine, 5. telltale, 6. affirmation, 7. serotonin

8. I will have to _____ this test to get a passing grade.
- v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result
9. The drug controls the level of _____ in the brain.
- n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
10. The release of _____ during exercise can provide a natural high and help to relieve stress.
- n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
11. Her behavior _____ a quarrel between the couple.
- v.* to stimulate or give rise to a particular reaction or have a particular effect
12. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.
- adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
13. He _____ deeply, trying to calm down.
- v.* to breathe in air or a different substance, such as smoke
14. He took a deep breath and slowly began to _____.
- v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
15. The ascetic _____ spent his days in prayer and contemplation in the monastery.
- n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

ANSWERS: 8. retake, 9. dopamine, 10. endorphins, 11. provoked, 12. parasympathetic, 13. inhaled, 14. exhale, 15. monk

16. I always make sure to prioritize self-care to _____ and recharge my batteries.

- v.* to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress

17. Our study focuses on _____ changes in the brain.

- adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

ANSWERS: 16. destress, 17. neurochemical