Englist.me

Vocabulary Builder Reference from...

Nina Westbrook: How to support yourself (and others)

through grief | TED Talk

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

upport_yourself_and_others_through_grief



All Words

IMPORTANT

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Session 1: Word List

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

curator

 a person whose job is to manage the objects or artworks in a museum, art gallery, etc.

synonym: conservator, custodian, administrator

(1) curator of a library, (2) interim curator

The museum **curator** conserved the ancient manuscripts.

grief

- n. a very great sadness, especially when somebody diessynonym: anguish, desperation, dismay
- (1) have **grief** and sorrow, (2) a lot of **grief** Each person has a unique **grief** experience.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym: dip, leap, plunge

(1) dive into anime communities, (2) dive off a cliff

The sperm whale can **dive** to 1,000 meters.

therapy

 the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) therapy for a patient, (2) field of gene therapyI underwent aversion therapy for my addiction to alcohol.

tangible

 adj. real and concrete; able to be perceived, especially able to be touched; (of business assets) having physical substance and intrinsic monetary value

synonym: palpable, real, actual

(1) **tangible** assets, (2) produce **tangible** results A problem that has been pointed out for years finally becomes **tangible**.

grieve

 to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news She **grieved** the loss of her parents.

absolutely

adv. without restriction or limitation; completely or utterlysynonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am absolutely opposed to his idea because of morality.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

process

a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**The **process** for applying for a visa can be lengthy and complicated.

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym: associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

routine

 a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**She studies gardening on a **routine** basis.

determinant

 a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

decision-maker

- a person who makes important decisions, especially at a high level in an organization
- (1) policy **decision-maker**, (2) act as a **decision-maker** A wealth of information does not always have a positive impact on **decision-makers**.

astronaut

 a person trained by a space agency to travel outside the Earth's atmosphere

synonym: spaceman, cosmonaut

(1) **astronaut** mission, (2) **astronaut** in training
The shuttle **astronaut** trained for months before embarking on the space mission.

athlete

- n. a person who competes in one or more sports that involve physical strength, speed, or endurance synonym: player, contestant, jock
- (1) become a professional **athlete**, (2) high school **athletes** His dream is to become an Olympic **athlete**.

acquire

v. to buy or obtain something such as an asset, object, knowledge, etc., for oneself

synonym: attain, earn, catch

(1) **acquire** knowledge, (2) **acquire** a new company Children **acquire** language at a fantastic rate.

manifest

v. to show something such as feeling, attitude, quality, etc. clearly through signs or actions

synonym: exhibit, make plain, demonstrate

(1) **manifest** as the word, (2) **manifest** displeasure

The Prime Minister **manifested** his regret for his neighbors

devastating

- adj. causing a great deal of destruction or damagesynonym: destructive, annihilative, disastrous
- (1) have **devastating** effects, (2) treat this **devastating** disease

This typhoon was the most **devastating** in years.

divorce

n. the legal dissolution of a marriagesynonym: separation, dissolution, breakup

(1) divorce settlement, (2) a consensual divorce

The couple decided to get a **divorce** after many years of marriage.

relation

 the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

infertile

adj. unable to grow crops or sustain life; not able to produce offspring or offspring that are viable

synonym: barren, sterile, unproductive

(1) infertile woman, (2) infertile land

The soil in the desert is **infertile**, making it difficult to grow crops.

propel

ν. to move, drive or push something forward or in a particular direction, often with a lot of force

synonym: drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling The golfer recorded an **amazing** distance.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

communicate

 to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

- (1) **communicate** his anxieties to the psychiatrist,
- (2) communicate well with my advisor

Dolphins use sound to communicate with each other.

distracted

- adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worriedsynonym: preoccupied, inattentive, absent-minded
- (1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

strategy

 a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing strategy.

permit

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

synonym: allow, authorize, concede

(1) **permit** application, (2) work **permit**

The teacher will not **permit** any students to leave the classroom early.

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym: straight, direct, right

(1) linear trend, (2) a linear equation

People tend to make **linear** predictions.

reassure

v. to cause someone to feel sure; to give or restore confidence

synonym: comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market The pilot tried to **reassure** the customers that the planes were safe.

norm

- n. something that is regarded as usual, typical, or standard synonym: criterion, mean, standard
- (1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

proactive

adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.

synonym: gung-ho, anticipatory, forward-thinking

(1) **proactive** approach, (2) **proactive** about doing the task The company implemented **proactive** measures to prevent future issues.

ignore

- v. to intentionally not listen or pay attention to synonym: neglect, disregard, shun
- (1) **ignore** her advice, (2) **ignore** a ban Since independence, the area has been completely **ignored**.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posturesynonym: skinny, slender, (verb) slant

a lean horse, (2) lean athletic figure
 Lean operational improvements often lead to better environmental performance.

coworker

a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker** My ex- **coworker** and I had different working styles but managed to get along.

mourning

- n. the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grievingsynonym: grieving, sorrow, lamentation
- (1) **mourning** period, (2) **mourning** ritual

 She wore black clothing as a symbol of **mourning** for her grandmother.

emotion

- n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with otherssynonym: feeling, sentiment, passion
- (1) control my **emotion**, (2) afraid to show **emotion**Some **emotions** are common across cultures and backgrounds.

detach

v. to separate or disjoin something from something else; to disengage

synonym: separate, disengage, disconnect

(1) **detach** a ticket from its stub, (2) **detach** you from the matter

She **detached** the trailer from the truck before driving away.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark The phone rang at the most **opportune** time.

pivot

 a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances

synonym: center point, fulcrum, heart

(1) center- **pivot** irrigation, (2) **pivot** point

The team needed to come up with a **pivot** strategy to turn things around.

outcome

n. the result or effect of an action, event, etc.

synonym: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome** They awaited news of the **outcome** of the election.

mad

adj. insane, especially due to a mental illness; very angry synonym: crazy, insane, furious

(1) a **mad** person, (2) gets **mad** easily He was **mad** with joy to see the results.

healing

 the process of becoming or making somebody or something well again

synonym: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process Each ancient tribe has its **healing** traditions.

forefront

 the leading or most important position or place; the forefront of a movement or cause

synonym: vanguard, lead, front line

(1) **forefront** technology, (2) the **forefront** of an air mass Education is at the **forefront** of our society's priorities for ensuring a better future.

Outcome

grace

n. a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal

synonym: charm, poise, elegance

(1) say a grace, (2) end of the grace period
The old oak tree stood with grace and majesty in the park's center.

well-being

- n. the state of being happy and healthy and prosperoussynonym: health, welfare, happiness
- (1) the **well-being** of a nation, (2) a sense of **well-being** We are responsible for the care and **well-being** of all our employees.

conversation

 an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation** Your **conversation** reflects your thoughts.

grateful

adj. feeling or showing an appreciation of kindness; thankful *synonym*: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression She was **grateful** for the help he provided.

Session 2: Spelling

1. co te to the size

2. pr___s improvement

3. a m_d person

4. de___h you from the matter

5. abs____ly against

6. pr___I the ship

7. put a gr ul expression

8. have dev ng effects

9. decision-making pr s

- v. to have a connection or relationship in which one thing affects or depends on another
- n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

adj. insane, especially due to a mental illness; very angry

- v. to separate or disjoin something from something else; to disengage
- adv. without restriction or limitation; completely or utterly
- v. to move, drive or push something forward or in a particular direction, often with a lot of force
- adj. feeling or showing an appreciation of kindness; thankful
- adj. causing a great deal of destruction or damage
- n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 1. correlate, 2. process, 3. mad, 4. detach, 5. absolutely, 6. propel, 7. grateful, 8. devastating, 9. process

10.	coer relationship	n.	a person who works with another in the same company or organization
11.	deh a ticket from its stub	<i>v</i> .	to separate or disjoin something from something else; to disengage
12.	prve about doing the task	adj.	acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
13.	ige a ban	v.	to intentionally not listen or pay attention to
14.	treat this devng disease	adj.	causing a great deal of destruction or damage
15.	enge a sense of affinity	<i>v</i> .	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
16.	reon between cause and effect	n.	the way two persons or groups of people feel and act toward one another
17.	a lot of grf	n.	a very great sadness, especially when somebody dies
18.	ace knowledge	v.	to buy or obtain something such as an asset, object, knowledge, etc., for oneself
19.	aste with people widely	v.	to mentally connect someone or something with someone or something else
20.	absly obsessed with the girl	adv.	without restriction or limitation; completely or utterly
21.	cur of a library	n.	a person whose job is to manage the objects or artworks in a museum, art gallery, etc.

ANSWERS: 10. coworker, 11. detach, 12. proactive, 13. ignore, 14. devastating, 15. encourage, 16. relation, 17. grief, 18. acquire, 19. associate, 20. absolutely, 21. curator

22.	say a gre	n.	a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
23.	pit point	n.	a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances
24.	improved student oues	n.	the result or effect of an action, event, etc.
25.	opne occasion	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
26.	In athletic figure	adj.	having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
27.	argue with a coer	n.	a person who works with another in the same company or organization
28.	cote closely with the quality	v.	to have a connection or relationship in which one thing affects or depends on another
29.	gre at the sad news	v.	to feel or show great sadness or sorrow, especially for someone who has died
30.	produce tale results	adj.	real and concrete; able to be perceived, especially able to be touched; (of business assets) having physical substance and intrinsic monetary value
31.	the font of an air mass	n.	the leading or most important position or place; the forefront of a movement or cause

ANSWERS: 22. grace, 23. pivot, 24. outcome, 25. opportune, 26. lean, 27. coworker, 28. correlate, 29. grieve, 30. tangible, 31. forefront

32.	conion in English	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
33.	cot level	n.	a state of physical ease and freedom from pain or constraint
34.	act as a decker	n.	a person who makes important decisions, especially at a high level in an organization
35.	amg advances	adj.	extremely surprising, especially in a way that you like or admire
36.	lir trend	adj.	of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
37.	asut in training	n.	a person trained by a space agency to travel outside the Earth's atmosphere
38.	a desirable oue	n.	the result or effect of an action, event, etc.
39.	words of cot	n.	a state of physical ease and freedom from pain or constraint
40.	a lir equation	adj.	of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
41.	an opne remark	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
42.	a consensual die	n.	the legal dissolution of a marriage
43.	a grul breeze	adj.	feeling or showing an appreciation of kindness; thankful

ANSWERS: 32. conversation, 33. comfort, 34. decision-maker, 35. amazing, 36. linear, 37. astronaut, 38. outcome, 39. comfort, 40. linear, 41. opportune, 42. divorce, 43. grateful

44.	pet application	ν.	to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
45.	a ln horse	adj.	having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
46.	n_m of action	n.	something that is regarded as usual, typical, or standard
47.	natural heg ability	n.	the process of becoming or making somebody or something well again
48.	aste alcohol with gambling	v.	to mentally connect someone or something with someone or something else
49.	tale assets	adj.	real and concrete; able to be perceived, especially able to be touched; (of business assets) having physical substance and intrinsic monetary value
50.	thy for a patient	n.	the act of caring for someone through medication, remedial training, etc.
51.	emal distress	adj.	relating to people's feelings
52.	part of the heg process	n.	the process of becoming or making somebody or something well again
53.	font technology	n.	the leading or most important position or place; the forefront of a movement or cause
54.	rere market	<i>v</i> .	to cause someone to feel sure; to give or restore confidence
55.	get dised by an urgent matter	adj.	having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 44. permit, 45. lean, 46. norm, 47. healing, 48. associate, 49. tangible, 50. therapy, 51. emotional, 52. healing, 53. forefront, 54. reassure, 55. distracted

56.	ige her advice	<i>v</i> .	to intentionally not listen or pay attention to
57.	environmental detnt	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
58.	cultural nm	n.	something that is regarded as usual, typical, or standard
59.	prve approach	adj.	acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
60.	comte his anxieties to the psychiatrist	ν.	to share or exchange information with others by speaking, writing, moving your body, or using other signals
61.	a sense of welng	n.	the state of being happy and healthy and prosperous
62.	gre for loss	<i>v</i> .	to feel or show great sadness or sorrow, especially for someone who has died
63.	the welng of a nation	n.	the state of being happy and healthy and prosperous
64.	reon of inclusion	n.	the way two persons or groups of people feel and act toward one another
65.	emal health	adj.	relating to people's feelings
66.	dised by a conversation	adj.	having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
67.	de off a cliff	<i>v</i> .	to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

ANSWERS: 56. ignore, 57. determinant, 58. norm, 59. proactive, 60. communicate, 61. well-being, 62. grieve, 63. well-being, 64. relation, 65. emotional, 66. distracted, 67. dive

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

ANSWERS: 68. grace, 69. infertile, 70. strategy, 71. routine, 72. communal, 73. astronaut, 74. conversation, 75. infertile, 76. encourage, 77. communicate

77. com te well with my advisor

78.	high school ates	n.	a person who competes in one or more sports that involve physical strength, speed, or endurance
79.	control my emn	n.	a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
80.	de into anime communities	<i>v</i> .	to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
81.	mast as the word	<i>v</i> .	to show something such as feeling, attitude, quality, etc. clearly through signs or actions
82.	rere anxious patients	<i>v</i> .	to cause someone to feel sure; to give or restore confidence
83.	military stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.
84.	mong ritual	n.	the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving
85.	prI growth	<i>v</i> .	to move, drive or push something forward or in a particular direction, often with a lot of force
86.	mast displeasure	ν.	to show something such as feeling, attitude, quality, etc. clearly through signs or actions
87.	interim cur	n.	a person whose job is to manage the objects or artworks in a museum, art gallery, etc.
88.	center-pit irrigation	n.	a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances

ANSWERS: 78. athlete, 79. emotion, 80. dive, 81. manifest, 82. reassure, 83. strategy, 84. mourning, 85. propel, 86. manifest, 87. curator, 88. pivot

89.	afraid to show emn	n.	a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
90.	gets m_d easily	adj.	insane, especially due to a mental illness; very angry
91.	ace a new company	ν.	to buy or obtain something such as an asset, object, knowledge, etc., for oneself
92.	coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
93.	field of gene thy	n.	the act of caring for someone through medication, remedial training, etc.
94.	the most amg feeling	adj.	extremely surprising, especially in a way that you like or admire
95.	a detnt of crop yields	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
96.	die settlement	n.	the legal dissolution of a marriage
97.	a built-in diagnostic roe	n.	a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
98.	mong period	n.	the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving
99.	work pet	v.	to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

ANSWERS: 89. emotion, 90. mad, 91. acquire, 92. communal, 93. therapy, 94. amazing, 95. determinant, 96. divorce, 97. routine, 98. mourning, 99. permit

100. policy decker	n.	a person who makes important decisions, especially at a high level in an organization
101. have grf and sorrow	n.	a very great sadness, especially when somebody dies
102. become a professional ate	n.	a person who competes in one or more sports that involve physical strength,

speed, or endurance

ANSWERS: 100. decision-maker, 101. grief, 102. athlete

Session 3: Fill in the Blanks

People tend to make predictions.	
adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph	nt
2. The pilot tried to the customers that the planes were safe.	
v. to cause someone to feel sure; to give or restore confidence	
3. Dolphins use sound to with each other.	
v. to share or exchange information with others by speaking, writing, moving you body, or using other signals	r
4. I was so by my phone that I nearly walked into a lamppost.	
adj. having one's attention diverted or divided; being unable to concentrate becaus of being preoccupied or worried	е
5. She was for the help he provided.	
adj. feeling or showing an appreciation of kindness; thankful	
6. His dream is to become an Olympic	
 a person who competes in one or more sports that involve physical strength, speed, or endurance 	
7. Children language at a fantastic rate.	
ν . to buy or obtain something such as an asset, object, knowledge, etc., for oneself	
8. The teacher will not any students to leave the classroom early.	
ν . to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization	
ANSWERS: 1. linear, 2. reassure, 3. communicate, 4. distracted, 5. grateful, 6.	

ANSWERS: 18. proactive, 19. mad, 20. infertile, 21. encouraged, 22. comfort, 23. ignored, 24. determinant, 25. decision-makers

ANSWERS: 50. Communal, 51. Lean