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## Vocabulary Builder Reference from...

*Jen Gunter: What's normal anxiety -- and what's an anxiety disorder? | TED Talk*

[https://www.ted.com/talks/jen\\_gunter\\_what\\_s\\_normal\\_anxiety\\_and\\_what\\_s\\_an\\_anxiety\\_disorder](https://www.ted.com/talks/jen_gunter_what_s_normal_anxiety_and_what_s_an_anxiety_disorder)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### stigma

*n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

*synonym* : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

### strep

*n.* (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever

*synonym* : streptococci, streptococcus, streptococcal infection

(1) **strep** skin infection, (2) **strep** bacteria

The doctor diagnosed the patient with **strep** throat and prescribed antibiotics.

### subside

*v.* to become less intense or widespread; to sink to a lower level

*synonym* : decrease, decline, diminish

(1) **subside** an argument, (2) **subside** after a short time

The storm **subsided**, leaving the town in peace.

### predator

*n.* an animal whose natural behavior is to prey on others

*synonym* : vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

## amygdala

*n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

## almond

*n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

*synonym*: nut, kernel, seed

(1) **almond** milk, (2) **almond** butter

I love snacking on **almonds** for a healthy and delicious snack.

## hypothalamus

*n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

## ventromedial

*adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions

*synonym*: belly-middle, ventral-medial, front-mid

(1) **ventromedial** nucleus, (2) **ventromedial** hernia

The **ventromedial** prefrontal cortex plays a role in decision-making and emotion regulation.

## prefrontal

*adj.* in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

## hippocampus

*n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

## overdrive

*n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

*synonym*: high gear, high speed, turbocharge

(1) atrial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

## pervasive

*adj.* spreading or existing throughout every part of a thing or place

*synonym*: extensive, ubiquitous, prevalent

(1) **pervasive** language, (2) the **pervasive** odor of garlic

Suspicion and worry were **pervasive** in our minds.

## disrupt

*v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

*synonym*: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

## agoraphobia

*n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears

*synonym*: claustrophobia, fear of crowds, fear of open spaces

(1) **agoraphobia** treatment, (2) **agoraphobia** symptoms  
People with **agoraphobia** may experience symptoms such as panic attacks, dizziness, and rapid heartbeat in certain situations.

## phobia

*n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

*synonym*: fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

## reorganize

*v.* to change to a more sufficient or suitable form of organization

*synonym*: rearrange, reconstruct, reshuffle

(1) **reorganize** a department, (2) **reorganize** his debts

The new CEO was appointed to **reorganize** their business.

## determinant

*n.* 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.

## tamp

*v.* to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor

*synonym*: press, compact, ram

(1) **tamp** down fighting, (2) **tamp** tobacco into a pipe

Be sure to **tamp** down the soil around the newly planted tree to secure it in place.

## overreact

v. to react more strongly or excessively than is necessary or appropriate

*synonym*: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism

She **overreacted** to the situation and caused unnecessary stress.

## Session 2: Spelling

1. ago\_\_\_\_\_ia treatment *n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears
2. ven\_\_\_\_\_ial nucleus *adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions
3. pre\_\_\_\_\_al bone *adj.* in or about the foremost part of the frontal lobe of the brain
4. di\_\_\_\_\_t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
5. a det\_\_\_\_\_nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
6. reo\_\_\_\_\_ze his debts *v.* to change to a more sufficient or suitable form of organization
7. atrial ov\_\_\_\_\_ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
8. the decline in am\_\_\_\_\_la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 1. agoraphobia, 2. ventromedial, 3. prefrontal, 4. disrupt, 5. determinant, 6. reorganize, 7. overdrive, 8. amygdala

9. st\_\_p skin infection *n.* (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever
10. t\_\_p down fighting *v.* to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor
11. social ph\_\_a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
12. hyp\_\_\_\_\_mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
13. su\_\_\_\_\_e an argument *v.* to become less intense or widespread; to sink to a lower level
14. reo\_\_\_\_\_ze a department *v.* to change to a more sufficient or suitable form of organization
15. social st\_\_a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
16. di\_\_\_\_\_t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
17. pe\_\_\_\_\_ve language *adj.* spreading or existing throughout every part of a thing or place
18. t\_\_p tobacco into a pipe *v.* to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor

ANSWERS: 9. strep, 10. tamp, 11. phobia, 12. hypothalamus, 13. subside, 14. reorganize, 15. stigma, 16. disrupt, 17. pervasive, 18. tamp

19. ph\_\_\_a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
20. environmental det\_\_\_\_\_nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
21. ov\_\_\_\_\_ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
22. st\_\_\_a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
23. pre\_\_\_\_\_al region *adj.* in or about the foremost part of the frontal lobe of the brain
24. neurons in the hip\_\_\_\_\_us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
25. go into ov\_\_\_\_\_ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
26. al\_\_\_d butter *n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

ANSWERS: 19. phobia, 20. determinant, 21. overreact, 22. stigma, 23. prefrontal, 24. hippocampus, 25. overdrive, 26. almond



27. involvement of the hip\_\_\_\_\_us      *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
28. anterior hyp\_\_\_\_\_mus      *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
29. am\_\_\_\_\_la damage      *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
30. al\_\_\_\_d milk      *n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
31. the pe\_\_\_\_\_ve odor of garlic      *adj.* spreading or existing throughout every part of a thing or place
32. ov\_\_\_\_\_ct with anger      *v.* to react more strongly or excessively than is necessary or appropriate
33. sexual pr\_\_\_\_\_ors      *n.* an animal whose natural behavior is to prey on others
34. ago\_\_\_\_\_ia symptoms      *n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears
35. apex pr\_\_\_\_\_or      *n.* an animal whose natural behavior is to prey on others

ANSWERS: 27. hippocampus, 28. hypothalamus, 29. amygdala, 30. almond, 31. pervasive, 32. overreact, 33. predator, 34. agoraphobia, 35. predator

36. st\_\_p bacteria *n.* (informal shorthand for "streptococcus")  
a type of bacteria that can cause a range of infections, including strep throat and scarlet fever
37. su\_\_\_\_\_e after a short time *v.* to become less intense or widespread;  
to sink to a lower level
38. ven\_\_\_\_\_ial hernia *adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions

ANSWERS: 36. strep, 37. subside, 38. ventromedial

## Session 3: Fill in the Blanks

1. Oxytocin is also produced in the nucleus of the \_\_\_\_\_.
  - n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
  
2. Be sure to \_\_\_\_ down the soil around the newly planted tree to secure it in place.
  - v.* to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor
  
3. She \_\_\_\_\_ to the situation and caused unnecessary stress.
  - v.* to react more strongly or excessively than is necessary or appropriate
  
4. People with \_\_\_\_\_ may experience symptoms such as panic attacks, dizziness, and rapid heartbeat in certain situations.
  - n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears
  
5. Suspicion and worry were \_\_\_\_\_ in our minds.
  - adj.* spreading or existing throughout every part of a thing or place
  
6. The mental health \_\_\_\_\_ often prevents people from seeking treatment.
  - n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
  
7. The doctor diagnosed the patient with \_\_\_\_\_ throat and prescribed antibiotics.
  - n.* (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever

ANSWERS: 1. hypothalamus, 2. tamp, 3. overreacted, 4. agoraphobia, 5. pervasive, 6. stigma, 7. strep

8. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
9. The \_\_\_\_\_ has been associated with memories of past emotional events.
- n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
10. The native South American animals were in danger because of the \_\_\_\_\_ arrival.
- n.* an animal whose natural behavior is to prey on others
11. She has a \_\_\_\_\_ of spiders and always avoids them.
- n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
12. The storm \_\_\_\_\_ leaving the town in peace.
- v.* to become less intense or widespread; to sink to a lower level
13. I'm so sorry to \_\_\_\_\_ you when you're pretty busy.
- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
14. I love snacking on \_\_\_\_\_ for a healthy and delicious snack.
- n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

ANSWERS: 8. determinant, 9. amygdala, 10. predator's, 11. phobia, 12. subsided, 13. disrupt, 14. almonds

15. The car's \_\_\_\_\_ function allows it to shift into a higher gear for better fuel efficiency on the highway.
- n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
16. The new CEO was appointed to \_\_\_\_\_ their business.
- v.* to change to a more sufficient or suitable form of organization
17. The \_\_\_\_\_ is crucial for learning and memory storage.
- n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
18. The \_\_\_\_\_ prefrontal cortex plays a role in decision-making and emotion regulation.
- adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions
19. Research shows that damage to the \_\_\_\_\_ cortex leads to increased aggression.
- adj.* in or about the foremost part of the frontal lobe of the brain

ANSWERS: 15. overdrive, 16. reorganize, 17. hippocampus, 18. ventromedial, 19. prefrontal