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Vocabulary Builder Reference from...

Rahaf Harfoush: How burnout makes us less creative
| TED Talk

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

Advanced Words Only

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Session 1: Word List

obsession

n. the state in which a person's mind is filled with thoughts of one single object or particular person

synonym: compulsion, fixation, enthusiasm

(1) **obsession** with character, (2) national **obsession**

Gambling became an **obsession** for him, and he eventually lost everything.

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.

insomnia

n. the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to

fatigue, stress, and illness

synonym : overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate
He **overworked** himself and ended up getting sick.

app

n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

synonym : application, software

(1) killer **app**, (2) cannot log in to the **app**

The discovery of a critical bug caused the company to delay the **app's** release.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

strategize

v. to plan or devise a detailed plan, especially for achieving success in situations

synonym : plan, devise, scheme

(1) **strategize** for success, (2) **strategize** about how to win

The company **strategized** about how to increase sales.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

churn

v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through

continuous activity or turnover

synonym : stir, agitate, whirl

(1) **churn** out manufactured goods, (2) **churn** in my stomach

The cream needs to be **churned** for several minutes before it becomes butter.

cram

v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

synonym : stuff, pack, jam

(1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

conducive

adj. tending to make something likely or possible

synonym : beneficial, advantageous, helpful

(1) **conducive** question, (2) **conducive** to growth

The quiet and peaceful environment was **conducive** to concentration and productivity.

downtime

n. a period of time when a person or system is not active or operating, often due to technical issues or maintenance work

synonym : interruption, break, outage

(1) unexpected **downtime**, (2) system **downtime**

The factory had to schedule **downtime** for maintenance work, causing a temporary shutdown in production

hustle

v. to cause someone to move quickly by pushing them in a rough, aggressive way

synonym : bustle, rush, haste

(1) **hustle** on business, (2) **hustle** up money

You must **hustle** and struggle on the court to win an

acquittal.

acronym

n. a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)

synonym: abbreviation, initialism, shortcut

(1) **acronym** definition, (2) use an **acronym**

RADAR is an **acronym** for radio detection and ranging.

uncover

v. to remove the cover from something; to discover something previously unseen or hidden

synonym: disclose, reveal, unveil

(1) **uncover** a potential problem, (2) **uncover** the truth

He continued his investigation and soon **uncovered** another crime.

unravel

v. undo twisted, knitted, or woven threads by separating it

synonym: separate, unknot, ravel

(1) **unravel** a knit, (2) **unravel** a plot

Detectives are still attempting to **unravel** the mystery of his death.

long-lasting

adj. existing or continuing for a long time

synonym: enduring, abiding, durable

(1) **long-lasting** battery, (2) a **long-lasting** friendship

They finally decided to solve the **long-lasting** problem.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

ethic

n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or

society; the study or inquiry into the nature of morality and moral systems

synonym : moral code, code of conduct, principles

(1) moral **ethic**, (2) professional **ethic**

Having a strong work **ethic** is important for success in any field.

fluctuate

v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably

synonym : vary, oscillate, sway

(1) **fluctuate** prices, (2) **fluctuate** rapidly

Stock prices **fluctuate** daily based on market demand and supply.

owl

n. a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call

synonym : raptor, bird of prey, nocturnal bird

(1) a night **owl**, (2) an **owl** hooted

The snowy **owl** is a large, white bird often seen in the Arctic.

dismantle

v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

synonym : take apart, demolish, take down

(1) **dismantle** a machine, (2) **dismantle** a system

The old building had to be **dismantled** because it was structurally unsound.

Session 2: Spelling

1. cannot log in to the a_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
2. bu____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
3. c__m five people into a car *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
4. system do____me *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
5. str_____ze for success *v.* to plan or devise a detailed plan, especially for achieving success in situations
6. alcohol-dependent in____ia *n.* the condition of being unable to sleep, usually a chronic one
7. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
8. fl_____te rapidly *v.* to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably

ANSWERS: 1. app, 2. burnout, 3. cram, 4. downtime, 5. strategize, 6. insomnia, 7. dread, 8. fluctuate

9. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
10. hu___e on business *v.* to cause someone to move quickly by pushing them in a rough, aggressive way
11. use an ac____m *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
12. un_____l a plot *v.* undo twisted, knitted, or woven threads by separating it
13. ov_____rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
14. di_____le a system *v.* to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
15. mental bu_____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
16. a lon_____ing friendship *adj.* existing or continuing for a long time
17. ch__n out manufactured goods *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

ANSWERS: 9. doe, 10. hustle, 11. acronym, 12. unravel, 13. overwork, 14. dismantle, 15. burnout, 16. long-lasting, 17. churn

18. an o_l hooted *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
19. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
20. lon_____ing battery *adj.* existing or continuing for a long time
21. a night o_l *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
22. hu___e up money *v.* to cause someone to move quickly by pushing them in a rough, aggressive way
23. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
24. di_____le a machine *v.* to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
25. fl_____te prices *v.* to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
26. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
27. unexpected do_____me *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
28. national ob_____on *n.* the state in which a person's mind is filled with thoughts of one single object or particular person

ANSWERS: 18. owl, 19. dread, 20. long-lasting, 21. owl, 22. hustle, 23. obsess, 24. dismantle, 25. fluctuate, 26. obsess, 27. downtime, 28. obsession

29. ob_____on with character *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
30. un_____r a potential problem *v.* to remove the cover from something; to discover something previously unseen or hidden
31. ac_____m definition *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
32. co_____ve question *adj.* tending to make something likely or possible
33. moral et__c *n.* a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems
34. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
35. professional et__c *n.* a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems
36. co_____ve to growth *adj.* tending to make something likely or possible
37. c__m more circuits into chips *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

ANSWERS: 29. obsession, 30. uncover, 31. acronym, 32. conducive, 33. ethic, 34. doe, 35. ethic, 36. conducive, 37. cram

38. un_____l a knit v. undo twisted, knitted, or woven threads by separating it
39. killer a_p n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
40. ch__n in my stomach v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
41. un_____r the truth v. to remove the cover from something; to discover something previously unseen or hidden
42. str_____ze about how to win v. to plan or devise a detailed plan, especially for achieving success in situations
43. die from ov_____rk v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
44. medication for in_____ia n. the condition of being unable to sleep, usually a chronic one

ANSWERS: 38. unravel, 39. app, 40. churn, 41. uncover, 42. strategize, 43. overwork, 44. insomnia

Session 3: Fill in the Blanks

1. He _____ himself and ended up getting sick.
 - v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

2. Gambling became an _____ for him, and he eventually lost everything.
 - n. the state in which a person's mind is filled with thoughts of one single object or particular person

3. The cream needs to be _____ for several minutes before it becomes butter.
 - v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

4. The quiet and peaceful environment was _____ to concentration and productivity.
 - adj. tending to make something likely or possible

5. 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

6. The snowy ____ is a large, white bird often seen in the Arctic.
 - n. a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call

7. We all _____ to think about what will happen if the company goes bankrupt.
 - v. to be very afraid of or worried about something that is going to happen or that might happen

ANSWERS: 1. overworked, 2. obsession, 3. churned, 4. conducive, 5. burnout, 6. owl, 7. dread

8. Hunters use a whistle that makes the ____ sound to lure stags.
- n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
9. He suffered _____ and loss of appetite after he began taking that medication.
- n.* the condition of being unable to sleep, usually a chronic one
10. The company _____ about how to increase sales.
- v.* to plan or devise a detailed plan, especially for achieving success in situations
11. RADAR is an _____ for radio detection and ranging.
- n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
12. The factory had to schedule _____ for maintenance work, causing a temporary shutdown in production
- n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
13. She had to ____ for the final exam and stayed up all night studying.
- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
14. He's utterly _____ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else
15. He continued his investigation and soon _____ another crime.
- v.* to remove the cover from something; to discover something previously unseen or hidden

ANSWERS: 8. doe, 9. insomnia, 10. strategized, 11. acronym, 12. downtime, 13. cram, 14. obsessed, 15. uncovered

16. They finally decided to solve the _____ problem.
adj. existing or continuing for a long time
17. Stock prices _____ daily based on market demand and supply.
v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
18. Detectives are still attempting to _____ the mystery of his death.
v. undo twisted, knitted, or woven threads by separating it
19. The old building had to be _____ because it was structurally unsound.
v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
20. Having a strong work _____ is important for success in any field.
n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems
21. The discovery of a critical bug caused the company to delay the _____ release.
n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
22. You must _____ and struggle on the court to win an acquittal.
v. to cause someone to move quickly by pushing them in a rough, aggressive way

ANSWERS: 16. long-lasting, 17. fluctuate, 18. unravel, 19. dismantled, 20. ethic, 21. app's, 22. hustle