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Vocabulary Builder Reference from...

Emily Nagoski and Amelia Nagoski: The cure for burnout (hint: it isn't self-care) | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

curator

n. 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.

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.

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.

onstage

adv. onto or on a stage in a theater; in front of an audience

(1) appeared **onstage**, (2) walk **onstage**

He performed his magic trick **onstage**, leaving the audience in awe.

personalize

v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

synonym: customize, individualize, tailor

(1) **personalize** social media profile, (2) **personalize** my workspace

I like to **personalize** my phone case with a picture of my dog.

exhaustion

n. the state of being extremely tired and lacking energy or strength

synonym: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

stressor

n. something that causes stress or emotional tension

synonym: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

savannah

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

synonym: grassland, plain

(1) **savannah** region, (2) tropical **savannah**

The birds live in tropical forests, **savannahs**, and arid semi-desert environments.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

cognition

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

synonym: awareness, understanding, comprehension

(1) social **cognition**, (2) **cognition** disorder

The professor focused on the research of infant **cognition**.

alas

adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

synonym: alack, regrettably, unluckily

(1) **alas**, we did not win the game, (2) **alas**, I cannot attend the party

Alas, I realized I had left my keys at home and couldn't enter the building.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

synonym: travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

grumpy

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

synonym: crabby, grouchy, irritable

(1) **grumpy** cat, (2) **grumpy** mood

The **grumpy** older man snapped at the children for playing too loudly.

cranky

adj. easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

synonym: crabby, irritable, grumpy

(1) **cranky** mood, (2) **cranky** toddler

I feel **cranky** today; please forgive me if I seem irritable.

repress

v. to restrain or control by force; to suppress feelings or memories

synonym: suppress, control, curb

(1) cannot **repress** laughter, (2) **repress** gene expression

He **repressed** the memories of his traumatic childhood.

layperson

n. a person who is not trained or skilled in a specific profession or field; a non-expert or amateur

synonym: novice, amateur, non-expert

(1) **layperson** perspective, (2) in **layperson's** terms

The instructions should be clear enough for the **layperson** to understand.

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.

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.

mammalian

adj. of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior

synonym: animal, mammal-like, warm-blooded

(1) **mammalian** embryo, (2) **mammalian** evolution

Mammalian milk is known to be rich in protein and essential vitamins.

patriarchal

adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated

synonym: male-dominated, paternalistic

(1) **patriarchal** society, (2) **patriarchal** government

The **patriarchal** system that many societies have is outdated and unfair to women.

rabid

adj. characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior

synonym: fanatical, furious, zealous

(1) **rabid** anti-vaxxer, (2) **rabid** supporter

The fans became **rabid** when their team scored the winning goal.

individualism

n. the habit or principle of being independent and self-reliant

synonym: self-reliance, autonomy, self-sufficiency

(1) rampant **individualism**, (2) nation of **individualism**

An ethic of **individualism** encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

well-being

n. the state of being happy and healthy and prosperous

synonym: 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.

oscillate

v. to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive

synonym: fluctuate, swing, vibrate

(1) **oscillate** back and forth, (2) **oscillate** between joy and anger

The fan in the room **oscillates**, making the airflow more evenly.

yell

v. to shout in a sudden and loud way

synonym: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

grit	<p><i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles</p> <p><i>synonym</i> : determination, fortitude, courage</p> <p>(1) grit determination, (2) grit washer</p> <p>She has a lot of grit and determination to succeed.</p>
perseverance	<p><i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success</p> <p><i>synonym</i> : persistence, tenacity, determination</p> <p>(1) unwavering perseverance, (2) dogged perseverance</p> <p>Despite facing numerous setbacks and obstacles, his perseverance and determination led him to success.</p>
societal	<p><i>adj.</i> relating to society or social relationships</p> <p><i>synonym</i> : social, communal, cultural</p> <p>(1) societal norms, (2) societal expectations</p> <p>The societal pressure to conform is strong in this community.</p>
pandemic	<p><i>n.</i> an outbreak of a disease that affects many people over a very wide area</p> <p><i>synonym</i> : outbreak</p> <p>(1) flu pandemic, (2) global pandemic</p> <p>They fear a pandemic of a new type of virus.</p>
cherish	<p><i>v.</i> to hold someone or something dear; to feel or show affection for someone or something</p> <p><i>synonym</i> : treasure, value, hold dear</p> <p>(1) cherish a stuffed animal, (2) cherish relationships</p> <p>She cherished the memories of her childhood.</p>
pummel	<p><i>v.</i> to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence</p> <p><i>synonym</i> : beat, pound, thrash</p> <p>(1) pummel with fists, (2) pummel with questions</p> <p>The boxer pummeled his opponent with a series of hard</p>

punches.

illuminating

adj. making something clear or easy to understand;
providing light

synonym: enlightening, informative, clarifying

(1) **illuminating** light, (2) an **illuminating** answer

The lecture was **illuminating** and gave me a new
perspective on the topic.

Session 2: Spelling

- | | |
|-------------------------------------|---|
| 1. st____or event | <i>n.</i> something that causes stress or emotional tension |
| 2. re____s gene expression | <i>v.</i> to restrain or control by force; to suppress feelings or memories |
| 3. sa____ah region | <i>n.</i> a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close |
| 4. pat____al government | <i>adj.</i> relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated |
| 5. nation of ind____ism | <i>n.</i> the habit or principle of being independent and self-reliant |
| 6. per____ze my workspace | <i>v.</i> to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something |
| 7. he was ov____lmed with gratitude | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 8. dogged per____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 9. os____te back and forth | <i>v.</i> to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive |

ANSWERS: 1. stressor, 2. repress, 3. savannah, 4. patriarchal, 5. individualism, 6. personalize, 7. overwhelm, 8. perseverance, 9. oscillate

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|--------------------------------|---|
| 10. the wel_____ng of a nation | <i>n.</i> the state of being happy and healthy and prosperous |
| 11. global pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 12. g__t washer | <i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles |
| 13. apex pr_____or | <i>n.</i> an animal whose natural behavior is to prey on others |
| 14. adr_____ne addiction | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 15. g__t determination | <i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles |
| 16. appeared on_____e | <i>adv.</i> onto or on a stage in a theater; in front of an audience |
| 17. social co_____on | <i>n.</i> the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind |
| 18. impaired di_____on | <i>n.</i> the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas |

ANSWERS: 10. well-being, 11. pandemic, 12. grit, 13. predator, 14. adrenaline, 15. grit, 16. onstage, 17. cognition, 18. digestion

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|-------------------------------------|---|
| 19. so____al expectations | <i>adj.</i> relating to society or social relationships |
| 20. pu____l with questions | <i>v.</i> to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence |
| 21. a__s, we did not win the game | <i>adv.</i> (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing |
| 22. ch____h relationships | <i>v.</i> to hold someone or something dear; to feel or show affection for someone or something |
| 23. y__l for help | <i>v.</i> to shout in a sudden and loud way |
| 24. rampant ind_____ism | <i>n.</i> the habit or principle of being independent and self-reliant |
| 25. os_____te between joy and anger | <i>v.</i> to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive |
| 26. poor di_____on | <i>n.</i> the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas |
| 27. ra__d supporter | <i>adj.</i> characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior |

ANSWERS: 19. societal, 20. pummel, 21. alas, 22. cherish, 23. yell, 24. individualism, 25. oscillate, 26. digestion, 27. rabid

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| 28. in la_____on's terms | <i>n.</i> a person who is not trained or skilled in a specific profession or field; a non-expert or amateur |
| 29. cr___y mood | <i>adj.</i> easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness |
| 30. emotional exh_____on | <i>n.</i> the state of being extremely tired and lacking energy or strength |
| 31. ov_____lm opponents by numbers | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 32. co_____on disorder | <i>n.</i> the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind |
| 33. la_____on perspective | <i>n.</i> a person who is not trained or skilled in a specific profession or field; a non-expert or amateur |
| 34. bu_____t syndrome | <i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking |
| 35. gr___y cat | <i>adj.</i> easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way |
| 36. ra__d anti-vaxxer | <i>adj.</i> characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior |

ANSWERS: 28. layperson, 29. cranky, 30. exhaustion, 31. overwhelm, 32. cognition, 33. layperson, 34. burnout, 35. grumpy, 36. rabid

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|-------------------------------------|---|
| 37. so____al norms | <i>adj.</i> relating to society or social relationships |
| 38. ill_____ing light | <i>adj.</i> making something clear or easy to understand; providing light |
| 39. an op_____ne remark | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 40. ch_____h a stuffed animal | <i>v.</i> to hold someone or something dear; to feel or show affection for someone or something |
| 41. walk on_____e | <i>adv.</i> onto or on a stage in a theater; in front of an audience |
| 42. a sense of wel_____ng | <i>n.</i> the state of being happy and healthy and prosperous |
| 43. per_____ze social media profile | <i>v.</i> to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something |
| 44. interim cu_____r | <i>n.</i> a person whose job is to manage the objects or artworks in a museum, art gallery, etc. |
| 45. cr___y toddler | <i>adj.</i> easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness |
| 46. excessive co_____ol | <i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure |

ANSWERS: 37. societal, 38. illuminating, 39. opportune, 40. cherish, 41. onstage, 42. well-being, 43. personalize, 44. curator, 45. cranky, 46. cortisol

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|--------------------------|--|
| 47. pu___l with fists | <i>v.</i> to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence |
| 48. cu____r of a library | <i>n.</i> a person whose job is to manage the objects or artworks in a museum, art gallery, etc. |
| 49. daily co____e | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 50. gr___y mood | <i>adj.</i> easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way |
| 51. ma_____an embryo | <i>adj.</i> of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior |
| 52. flu pa____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 53. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 54. co____e to work | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |

ANSWERS: 47. pummel, 48. curator, 49. commute, 50. grumpy, 51. mammalian, 52. pandemic, 53. opportune, 54. commute

55. an ill_____ing answer	<i>adj.</i> making something clear or easy to understand; providing light
56. mental bu_____t	<i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
57. pat_____al society	<i>adj.</i> relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
58. tropical sa_____ah	<i>n.</i> a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
59. co_____ol stress	<i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
60. unwavering per_____nce	<i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success
61. flexible mi_____t	<i>n.</i> the established set of attitudes or fixed ideas held by someone
62. adr_____ne receptor	<i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
63. sexual pr_____ors	<i>n.</i> an animal whose natural behavior is to prey on others
64. cannot re_____s laughter	<i>v.</i> to restrain or control by force; to suppress feelings or memories

ANSWERS: 55. illuminating, 56. burnout, 57. patriarchal, 58. savannah, 59. cortisol, 60. perseverance, 61. mindset, 62. adrenaline, 63. predator, 64. repress

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|---|--|
| 65. ma_____an evolution | <i>adj.</i> of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior |
| 66. a__s, I cannot attend the party | <i>adv.</i> (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing |
| 67. the mi_____t in an education system | <i>n.</i> the established set of attitudes or fixed ideas held by someone |
| 68. st_____or management | <i>n.</i> something that causes stress or emotional tension |
| 69. exh_____on of energy | <i>n.</i> the state of being extremely tired and lacking energy or strength |
| 70. y__l as loud as we can | <i>v.</i> to shout in a sudden and loud way |

ANSWERS: 65. mammalian, 66. alas, 67. mindset, 68. stressor, 69. exhaustion, 70. yell

Session 3: Fill in the Blanks

1. She has a lot of _____ and determination to succeed.
n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
2. The _____ pressure to conform is strong in this community.
adj. relating to society or social relationships
3. The fan in the room _____ making the airflow more evenly.
v. to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive
4. The fans became _____ when their team scored the winning goal.
adj. characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior
5. The band has released a lot of _____ rock music.
n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
6. I like to _____ my phone case with a picture of my dog.
v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something
7. The lecture was _____ and gave me a new perspective on the topic.
adj. making something clear or easy to understand; providing light

ANSWERS: 1. grit, 2. societal, 3. oscillates, 4. rabid, 5. adrenaline-pumping, 6. personalize, 7. illuminating

8. She _____ the memories of her childhood.
- v.* to hold someone or something dear; to feel or show affection for someone or something
9. 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
10. The boxer _____ his opponent with a series of hard punches.
- v.* to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence
11. They fear a _____ of a new type of virus.
- n.* an outbreak of a disease that affects many people over a very wide area
12. An ethic of _____ encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.
- n.* the habit or principle of being independent and self-reliant
13. The instructions should be clear enough for the _____ to understand.
- n.* a person who is not trained or skilled in a specific profession or field; a non-expert or amateur
14. I feel _____ today; please forgive me if I seem irritable.
- adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
15. The native South American animals were in danger because of the _____ arrival.
- n.* an animal whose natural behavior is to prey on others

ANSWERS: 8. cherished, 9. overwhelm, 10. pummeled, 11. pandemic, 12. individualism, 13. layperson, 14. cranky, 15. predator's

16. When I asked my father for more money, he became furious and _____ at me.

v. to shout in a sudden and loud way

17. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

18. The long work hours were taking a toll on her mental _____.

n. the state of being extremely tired and lacking energy or strength

19. The _____ system that many societies have is outdated and unfair to women.

adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated

20. _____ I realized I had left my keys at home and couldn't enter the building.

adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

21. Overeating can lead to discomfort and slower _____.

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

22. The phone rang at the most _____ time.

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

23. The professor focused on the research of infant _____.

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

ANSWERS: 16. yelled, 17. well-being, 18. exhaustion, 19. patriarchal, 20. Alas, 21. digestion, 22. opportune, 23. cognition

24. He _____ the memories of his traumatic childhood.

- v.* to restrain or control by force; to suppress feelings or memories

25. He had to _____ two hours each way to get to work.

- v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

26. _____ milk is known to be rich in protein and essential vitamins.

- adj.* of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior

27. The museum _____ conserved the ancient manuscripts.

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

28. 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

29. _____ levels in the body are often elevated during times of stress.

- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

30. Despite facing numerous setbacks and obstacles, his _____ and determination led him to success.

- n.* steadfastness in doing something despite difficulty or delay in achieving success

ANSWERS: 24. repressed, 25. commute, 26. Mammalian, 27. curator, 28. burnout, 29. Cortisol, 30. perseverance

31. The deadline for the project was a major _____ for the team.

n. something that causes stress or emotional tension

32. The birds live in tropical forests, _____ and arid semi-desert environments.

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

33. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

n. the established set of attitudes or fixed ideas held by someone

34. He performed his magic trick _____ leaving the audience in awe.

adv. onto or on a stage in a theater; in front of an audience

35. The _____ older man snapped at the children for playing too loudly.

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

ANSWERS: 31. stressor, 32. savannahs, 33. mindset, 34. onstage, 35. grumpy