

# Englist.me



## Vocabulary Builder Reference from...

Cindy J. Aaronson: What causes panic attacks, and how can you prevent them? | TED Talk

[https://www.ted.com/talks/cindy\\_j\\_aaronson\\_what\\_causes\\_panic\\_attacks\\_and\\_how\\_can\\_you\\_prevent\\_them](https://www.ted.com/talks/cindy_j_aaronson_what_causes_panic_attacks_and_how_can_you_prevent_them)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### corset

*n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

*synonym*: waist cincher, stays, girdle

(1) leather **corset**, (2) orthopedic **corset**

She wore a **corset** under her dress to give her waist a more defined shape.

### soar

*v.* to fly or rise very high or to a great height, often with great grace or ease

*synonym*: fly, rise, ascend

(1) **soar** in popularity, (2) **soar** to new heights

The bird **soared** through the sky, and its wings spread wide.

### terrifying

*adj.* very frightening or intimidating

*synonym*: frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

### dissolve

*v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

*synonym*: disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage  
The political party **dissolved** after much internal fighting.

## afterward

*adv.* after the time mentioned

*synonym*: later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

## 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.

## 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.

## 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.

## exaggerate

*v.* to describe or represent something as better or worse than it is

*synonym*: overstate, overestimate, amplify

(1) **exaggerate** in degree, (2) **exaggerate** story

She **exaggerated** the extent of her injuries to get more

money from the settlement.

## hyperventilation

*n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

*synonym* : over-breathing, rapid breathing

(1) **hyperventilation** syndrome, (2) **hyperventilation** treatment

Anxiety is a common cause of **hyperventilation**, as the body responds to perceived threats with rapid, shallow breathing.

## lightheaded

*adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

*synonym* : dizzy, giddy, faint

(1) become **lightheaded**, (2) **lightheaded** from dehydration

After the rollercoaster ride, I felt **lightheaded** and needed to sit down.

## numb

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

*synonym* : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

## 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.

## parasympathetic

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

*synonym* : relaxing, calming, soothing

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

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

## acetylcholine

*n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

*synonym*: neurotransmitter, cholinergic

(1) **acetylcholine** receptor, (2) **acetylcholine** molecule

Low levels of **acetylcholine** have been linked to symptoms of Alzheimer's disease.

## antidepressant

*n.* any of a class of drugs used to reduce feelings of sadness and worry

(1) an **antidepressant** drug, (2) **antidepressant** effect

She has been taking **antidepressants** since her baby died.

## relapse

*n.* the fact of becoming ill or starting to misbehave again after making an improvement

*synonym*: degeneration, deterioration, retrogression

(1) biochemical **relapse**, (2) **relapse** prevention

He had a **relapse** because he was working through the night.

## exert

*v.* to put forth effort; to put into action; to bring into play

*synonym*: exert, apply, use

(1) **exert** control, (2) **exert** influence

He **exerted** himself to lift the heavyweight.

## consciously

*adv.* with awareness; in a deliberate manner

*synonym*: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

## restructure

v. to organize a company, business, or system in a new and different way to make it work more effectively

*synonym*: reorganize, revamp, reconstruct

(1) **restructure** sentence, (2) **restructure** my debts

The economic downturn made it necessary to **restructure** the business.

## escalate

v. to increase in intensity, size, or severity; to make something greater, worse, or more serious

*synonym*: increase, intensify, expand

(1) **escalate** into a major international incident, (2) to **escalate**

The situation quickly **escalated** and turned violent.

## instill

v. to impart, introduce, or cause to be absorbed gradually

*synonym*: implant, ingrain, inculcate

(1) **instill** confidence, (2) **instill** medication into my eye

The teacher attempted to **instill** the importance of hard work in her students.

## Session 2: Spelling

1. exa\_\_\_\_\_te story  
*v.* to describe or represent something as better or worse than it is
2. adr\_\_\_\_\_ne addiction  
*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
3. exa\_\_\_\_\_te in degree  
*v.* to describe or represent something as better or worse than it is
4. become lig\_\_\_\_\_ed  
*adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
5. hyp\_\_\_\_\_ion syndrome  
*n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
6. par\_\_\_\_\_tic nerve inhibitor  
*adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
7. a n\_\_b mind  
*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 1. exaggerate, 2. adrenaline, 3. exaggerate, 4. lightheaded, 5. hyperventilation, 6. parasympathetic, 7. numb

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|---------------------------------------|---|
| 8. n__b with cold                     | <i>adj.</i> unable to feel physical sensation and movement; not showing human feeling or sensitivity  |
| 9. in____l confidence                 | <i>v.</i> to impart, introduce, or cause to be absorbed gradually   |
| 10. biochemical re____e               | <i>n.</i> the fact of becoming ill or starting to misbehave again after making an improvement   |
| 11. lig____ed from dehydration        | <i>adj.</i> feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings                     |
| 12. orthopedic co____t                | <i>n.</i> a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust |
| 13. in____l medication into my eye    | <i>v.</i> to impart, introduce, or cause to be absorbed gradually   |
| 14. officially di____ved the marriage | <i>v.</i> to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss  |
| 15. con____ly aware of a problem      | <i>adv.</i> with awareness; in a deliberate manner  |
| 16. s__r to new heights               | <i>v.</i> to fly or rise very high or to a great height, often with great grace or ease   |
| 17. an ant____ant drug                | <i>n.</i> any of a class of drugs used to reduce feelings of sadness and worry  |
| 18. res____re sentence                | <i>v.</i> to organize a company, business, or system in a new and different way to make it work more effectively  |

ANSWERS: 8. numb, 9. instill, 10. relapse, 11. lightheaded, 12. corset, 13. instill, 14. dissolve, 15. consciously, 16. soar, 17. antidepressant, 18. restructure

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|---|---|
| 19. ter_____ng events                             | <i>adj.</i> very frightening or intimidating  |
| 20. ov_____ct with anger                          | <i>v.</i> to react more strongly or excessively than is necessary or appropriate  |
| 21. es_____te into a major international incident | <i>v.</i> to increase in intensity, size, or severity; to make something greater, worse, or more serious  |
| 22. act con_____ly                                | <i>adv.</i> with awareness; in a deliberate manner  |
| 23. to es_____te                                  | <i>v.</i> to increase in intensity, size, or severity; to make something greater, worse, or more serious  |
| 24. ov_____ct to the criticism                    | <i>v.</i> to react more strongly or excessively than is necessary or appropriate  |
| 25. go there af_____rd                            | <i>adv.</i> after the time mentioned  |
| 26. ex__t control                                 | <i>v.</i> to put forth effort; to put into action; to bring into play   |
| 27. a few years af_____rd                         | <i>adv.</i> after the time mentioned  |
| 28. ace_____ine receptor                          | <i>n.</i> a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals |
| 29. s__r in popularity                            | <i>v.</i> to fly or rise very high or to a great height, often with great grace or ease   |
| 30. 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   |

ANSWERS: 19. terrifying, 20. overreact, 21. escalate, 22. consciously, 23. escalate, 24. overreact, 25. afterward, 26. exert, 27. afterward, 28. acetylcholine, 29. soar, 30. adrenaline



31. ant\_\_\_\_\_ant effect *n.* any of a class of drugs used to reduce feelings of sadness and worry
32. leather co\_\_\_\_t *n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust
33. re\_\_\_\_\_e prevention *n.* the fact of becoming ill or starting to misbehave again after making an improvement
34. res\_\_\_\_\_re my debts *v.* to organize a company, business, or system in a new and different way to make it work more effectively
35. par\_\_\_\_\_tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
36. hyp\_\_\_\_\_ion treatment *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
37. ex\_\_t influence *v.* to put forth effort; to put into action; to bring into play
38. 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

ANSWERS: 31. antidepressant, 32. corset, 33. relapse, 34. restructure, 35. parasympathetic, 36. hyperventilation, 37. exert, 38. amygdala

39. ter\_\_\_\_\_ng experience *adj.* very frightening or intimidating
40. pre\_\_\_\_\_al bone *adj.* in or about the foremost part of the frontal lobe of the brain
41. pre\_\_\_\_\_al region *adj.* in or about the foremost part of the frontal lobe of the brain
42. di\_\_\_\_\_ve the sugar *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
43. 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
44. ace\_\_\_\_\_ine molecule *n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

ANSWERS: 39. terrifying, 40. prefrontal, 41. prefrontal, 42. dissolve, 43. amygdala, 44. acetylcholine

## Session 3: Fill in the Blanks

1. 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
2. She has been taking \_\_\_\_\_ since her baby died.  
*n.* any of a class of drugs used to reduce feelings of sadness and worry
3. The economic downturn made it necessary to \_\_\_\_\_ the business.  
*v.* to organize a company, business, or system in a new and different way to make it work more effectively
4. The situation quickly \_\_\_\_\_ and turned violent.  
*v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
5. She \_\_\_\_\_ to the situation and caused unnecessary stress.  
*v.* to react more strongly or excessively than is necessary or appropriate
6. After the rollercoaster ride, I felt \_\_\_\_\_ and needed to sit down.  
*adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
7. She \_\_\_\_\_ the extent of her injuries to get more money from the settlement.  
*v.* to describe or represent something as better or worse than it is
8. Low levels of \_\_\_\_\_ have been linked to symptoms of Alzheimer's disease.  
*n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

ANSWERS: 1. prefrontal, 2. antidepressants, 3. restructure, 4. escalated, 5.

overreacted, 6. lightheaded, 7. exaggerated, 8. acetylcholine

9. Large earthquakes often generate \_\_\_\_\_ tsunamis.  
*adj.* very frightening or intimidating
10. The bird \_\_\_\_\_ through the sky, and its wings spread wide.  
*v.* to fly or rise very high or to a great height, often with great grace or ease
11. He \_\_\_\_\_ himself to lift the heavyweight.  
*v.* to put forth effort; to put into action; to bring into play
12. The \_\_\_\_\_ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.  
*adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
13. The teacher attempted to \_\_\_\_\_ the importance of hard work in her students.  
*v.* to impart, introduce, or cause to be absorbed gradually
14. We will explain the countermeasure concerning this problem \_\_\_\_\_.  
*adv.* after the time mentioned
15. He had a \_\_\_\_\_ because he was working through the night.  
*n.* the fact of becoming ill or starting to misbehave again after making an improvement
16. The political party \_\_\_\_\_ after much internal fighting.  
*v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

ANSWERS: 9. terrifying, 10. soared, 11. exerted, 12. parasympathetic, 13. instill, 14. afterward, 15. relapse, 16. dissolved

17. 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

18. He \_\_\_\_\_ criticizes her in the publicity.

*adv.* with awareness; in a deliberate manner

19. Anxiety is a common cause of \_\_\_\_\_ as the body responds to perceived threats with rapid, shallow breathing.

*n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

20. My left arm became \_\_\_\_\_.

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

21. She wore a \_\_\_\_\_ under her dress to give her waist a more defined shape.

*n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

22. 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

ANSWERS: 17. adrenaline-pumping, 18. consciously, 19. hyperventilation, 20. numb, 21. corset, 22. amygdala