

# Englist.me



## Vocabulary Builder Reference from...

*Rob Cooke: The cost of work stress -- and how to reduce it | TED Talk*

[https://www.ted.com/talks/rob\\_cooke\\_the\\_cost\\_of\\_work\\_stress\\_and\\_how\\_to\\_reduce\\_it](https://www.ted.com/talks/rob_cooke_the_cost_of_work_stress_and_how_to_reduce_it)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### affluent

*adj.* rich and wealthy; having a lot of money and material wealth

*synonym*: wealthy, rich, prosperous

(1) **affluent** society, (2) live in **affluent** circumstances

She lived in an **affluent** neighborhood surrounded by wealth and luxury.

### disengage

*v.* to withdraw or separate oneself from a situation or relationship

*synonym*: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

### distracted

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

*synonym*: 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.

### tweak

*v.* to pinch or squeeze something sharply; to adjust something finely

*synonym* : nip, pinch, fine-tune

(1) **tweak** his cheek, (2) **tweak** the economy

He didn't **tweak** the plan, even though he had time.

## breadwinner

*n.* the member of a family who earns money to support the others

(1) family **breadwinner**, (2) two- **breadwinner** couple

Many women are now their families' primary **breadwinners**.

## irreversible

*adj.* impossible to change or return to a previous condition

*synonym* : irrevocable, unrecoverable, permanent

(1) avoid **irreversible** damage, (2) an **irreversible** change

The development of agricultural technology has had an **irreversible** impact on humanity.

## dialysis

*n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure

(1) **dialysis** nurse, (2) **dialysis** machine

Regular **dialysis** treatments are necessary for those with kidney failure.

## 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.

## industrious

*adj.* hardworking, diligent, and persistent in effort

*synonym* : diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

## 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.

## reframe

*v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

*synonym*: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

## pivotal

*adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something

*synonym*: crucial, essential, important

(1) **pivotal** moment, (2) **pivotal** role

The CEO's decision was **pivotal** in the success of the company's expansion plans.

## spectate

*v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself

*synonym*: watch, observe, view

(1) **spectate** a game, (2) **spectate** a race

We decided to **spectate** at the football game rather than participate in it.

## 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.

## mastery

*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

*synonym*: proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

## Session 2: Spelling

1. tw\_\_k his cheek *v.* to pinch or squeeze something sharply; to adjust something finely
2. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
3. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
4. ma\_\_\_\_\_y of mathematics *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
5. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
6. 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
7. re\_\_\_\_\_e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
8. strive for ma\_\_\_\_\_y *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
9. sp\_\_\_\_\_te a game *v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself

ANSWERS: 1. tweak, 2. well-being, 3. opportune, 4. mastery, 5. opportune, 6. ethic, 7. reframe, 8. mastery, 9. spectate

10. 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
11. get dis\_\_\_\_\_ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
12. two-bre\_\_\_\_\_er couple *n.* the member of a family who earns money to support the others
13. pi\_\_\_\_\_l moment *adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
14. sp\_\_\_\_\_te a race *v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself
15. ind\_\_\_\_\_us worker *adj.* hardworking, diligent, and persistent in effort
16. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
17. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
18. ind\_\_\_\_\_us student *adj.* hardworking, diligent, and persistent in effort
19. di\_\_\_\_\_ge socially *v.* to withdraw or separate oneself from a situation or relationship

ANSWERS: 10. ethic, 11. distracted, 12. breadwinner, 13. pivotal, 14. spectate, 15. industrious, 16. distracted, 17. well-being, 18. industrious, 19. disengage

20. tw\_\_k the economy      *v.* to pinch or squeeze something sharply; to adjust something finely
21. di\_\_\_\_\_ge the clutch      *v.* to withdraw or separate oneself from a situation or relationship
22. an irr\_\_\_\_\_ble change      *adj.* impossible to change or return to a previous condition
23. di\_\_\_\_\_is machine      *n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
24. di\_\_\_\_\_is nurse      *n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
25. family bre\_\_\_\_\_er      *n.* the member of a family who earns money to support the others
26. pi\_\_\_\_\_l role      *adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
27. live in af\_\_\_\_\_nt circumstances      *adj.* rich and wealthy; having a lot of money and material wealth
28. re\_\_\_\_\_e resource allocation      *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
29. af\_\_\_\_\_nt society      *adj.* rich and wealthy; having a lot of money and material wealth
30. avoid irr\_\_\_\_\_ble damage      *adj.* impossible to change or return to a previous condition

ANSWERS: 20. tweak, 21. disengage, 22. irreversible, 23. dialysis, 24. dialysis, 25. breadwinner, 26. pivotal, 27. affluent, 28. reframe, 29. affluent, 30. irreversible

## Session 3: Fill in the Blanks

1. He \_\_\_\_\_ from the conversation and walked away.  
*v.* to withdraw or separate oneself from a situation or relationship
2. Many women are now their families' primary \_\_\_\_\_.  
*n.* the member of a family who earns money to support the others
3. She lived in an \_\_\_\_\_ neighborhood surrounded by wealth and luxury.  
*adj.* rich and wealthy; having a lot of money and material wealth
4. Regular \_\_\_\_\_ treatments are necessary for those with kidney failure.  
*n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
5. 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
6. The therapist tried to \_\_\_\_\_ his negative thoughts.  
*v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
7. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
8. He was known to be very \_\_\_\_\_ and would often work late into the night.  
*adj.* hardworking, diligent, and persistent in effort

ANSWERS: 1. disengaged, 2. breadwinners, 3. affluent, 4. dialysis, 5. ethic, 6. reframe, 7. well-being, 8. industrious



9. We decided to \_\_\_\_\_ at the football game rather than participate in it.  
*v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself
10. The country finally gained \_\_\_\_\_ over the whole land of its neighbors.  
*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
11. The development of agricultural technology has had an \_\_\_\_\_ impact on humanity.  
*adj.* impossible to change or return to a previous condition
12. The CEO's decision was \_\_\_\_\_ in the success of the company's expansion plans.  
*adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
13. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
14. He didn't \_\_\_\_\_ the plan, even though he had time.  
*v.* to pinch or squeeze something sharply; to adjust something finely
15. 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 because of being preoccupied or worried

ANSWERS: 9. spectate, 10. mastery, 11. irreversible, 12. pivotal, 13. opportune, 14. tweak, 15. distracted