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Vocabulary Builder Reference from...

Britt Wray: How climate change affects your mental health | TED Talk

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

Advanced Words Only

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Session 1: Word List

weave

v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

synonym: braid, unite, contrive

(1) **weave** on a loom, (2) **weave** a story

The girl **weaves** a garland for her friend.

hopeless

adj. having no hope; despairing; having no chance of success

synonym: despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

strained

adj. tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness

synonym: tense, tight, forced

(1) **strained** relationship, (2) **strained** muscles

The musician's face showed a **strained** expression as he struggled to hit the high note.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym : arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

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.

helpless

adj. unable to take care of oneself or to do things without help

synonym : defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

wildfire

n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

synonym : blaze, bonfire, flame

(1) **wildfire** spread, (2) arson-caused **wildfire**

The **wildfire** destroyed hundreds of homes and forced thousands of people to evacuate.

commonplace

adj. occurring very often; lacking originality or interest

synonym : ordinary, routine, mundane

(1) become a **commonplace** sight, (2) **commonplace** event

Forgetting someone's name is a **commonplace** occurrence.

sub-Saharan

adj. of or relating to or situated in the area south of the Sahara Desert

(1) **sub-Saharan** Africa, (2) **sub-Saharan** countries

The coffee producers in **sub-Saharan** countries are at the sharp end of fluctuations in price.

scarcity

n. the state of being in short supply; a small and inadequate amount

synonym : lack, absence, dearth

(1) fuel **scarcity**, (2) **scarcity** of capital

Some research says that a relative decline in teacher salaries is causing labor **scarcity**.

ascetic

n. a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle

synonym : hermit, recluse, monk

(1) **ascetic** discipline, (2) **ascetic** practices

The **ascetic** lifestyle requires one to live without material possessions and worldly pleasures.

inaction

n. the lack of action or activity; the state of not doing anything; the failure to take action when action is needed

synonym : idleness, passivity, inertia

(1) excuse for **inaction**, (2) consequences of **inaction**

Inaction in response to climate change poses a dire threat to our future.

apocalyptic

adj. describing severe damage and destruction in past or future events, or the end of the world

synonym : fateful, prophetic, ominous

(1) **apocalyptic** event, (2) have **apocalyptic** overtones

The **apocalyptic** landscape of burnt-out villages and bombed-out ruins spread out before them.

unpack

v. to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

synonym : dissect, unwrap, unbox

(1) **unpack** a crate, (2) **unpack** a concept

I need to **unpack** my suitcase and put my clothes away.

industrialize

v. to organize the production of something into an industry

synonym : motorize

(1) **industrialize** service, (2) **industrialized** textile production

The nations of South East Asia will quickly **industrialize** and catch up with the West.

transatlantic

adj. relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America

synonym : intercontinental, across-the-pond

(1) **transatlantic** cable, (2) **transatlantic** partnership

Transatlantic cooperation is important for global security and stability.

footprint

n. a mark of a foot, shoe, or animal's foot left on a surface

synonym : footmark, imprint, impression

(1) **footprints** in the snow, (2) the **footprints** of an earlier civilization

We choose transportation that has a smaller carbon **footprint**.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym : social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

migrant

n. a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another

synonym: immigrant, itinerant, transient

(1) **migrant** worker, (2) the movement of **migrant** birds
The government revoked his license to employ **migrant** labor crews.

caravan

n. a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping

synonym: convoy, train, procession

(1) **caravan** park, (2) solar **caravan**
We traveled across the country in a **caravan** of RVs and campers.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**
The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

woe

n. significant problems or troubles; great unhappiness

synonym: anguish, despair, suffering

(1) economic **woe**, (2) full of **woe**
Recurrent financial **woes** hampered his subsequent career.

schooler

n. a student who attends a school

synonym: student, pupil, learner

(1) a primary **schooler**, (2) **schooler** uniform
He often traveled abroad alone when he was in high **schooler**.

foresee

v. to perceive or predict; to anticipate or expect something to happen in the future

synonym : predict, anticipate, forecast

(1) **foresee** the consequences, (2) **foresee** challenges
I **foresee** a problem arising if we don't address this issue now.

pierce

v. to cut or make a way through with a sharp instrument

synonym : jab, penetrate, stab

(1) **pierce** the armored shells, (2) **pierce** a mystery

The extreme cold **pierced** our bones.

encompass

v. to surround or cover something completely; to include a large number of or different types of things entirely

synonym : surround, encircle, include

(1) **encompass** a broad range, (2) **encompass** the enemy

The optimal solution that would **encompass** all these elements has yet to be proposed.

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym : remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging

Knowledge is the **antidote** to fear.

deathbed

n. a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life

synonym : dying bed, death watch, last moments

(1) **deathbed** confession, (2) **deathbed** scene

The family gathered around their grandfather's **deathbed** to say goodbye.

innermost

adj. situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

synonym : deepest, inner, intimate

(1) **innermost** secrets, (2) **innermost** longings

It took years of therapy before the patient could reveal their **innermost** thoughts and feelings.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

afterthought

n. a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing

synonym: reconsideration, second thought, reconsideration

(1) **afterthought** comment, (2) an **afterthought** decision

Forgetting to mention our meeting was just an **afterthought** for him.

Session 2: Spelling

1. in_____st secrets *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
2. the an_____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
3. wi_____re spread *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
4. st_____ed muscles *adj.* tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness
5. un___k a crate *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
6. en_____ss the enemy *v.* to surround or cover something completely; to include a large number of or different types of things entirely
7. ind_____ized textile production *v.* to organize the production of something into an industry
8. economic w_e *n.* significant problems or troubles; great unhappiness
9. tra_____tic cable *adj.* relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America

ANSWERS: 1. innermost, 2. antidote, 3. wildfire, 4. strained, 5. unpack, 6. encompass, 7. industrialize, 8. woe, 9. transatlantic

10. consequences of in_____on *n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
11. a primary sc_____er *n.* a student who attends a school
12. ca_____n park *n.* a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping
13. as_____c discipline *n.* a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle
14. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
15. sub_____an Africa *adj.* of or relating to or situated in the area south of the Sahara Desert
16. he_____ss baby *adj.* unable to take care of oneself or to do things without help
17. in_____st longings *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
18. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
19. un___k a concept *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

ANSWERS: 10. inaction, 11. schooler, 12. caravan, 13. ascetic, 14. psychiatry, 15. sub-Saharan, 16. helpless, 17. innermost, 18. antidote, 19. unpack

20. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
21. have apo_____ic overtones *adj.* describing severe damage and destruction in past or future events, or the end of the world
22. fo_____nts in the snow *n.* a mark of a foot, shoe, or animal's foot left on a surface
23. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
24. the movement of mi_____t birds *n.* a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another
25. de_____ed scene *n.* a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
26. soc_____mic status *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
27. ho_____ss situation *adj.* having no hope; despairing; having no chance of success
28. apo_____ic event *adj.* describing severe damage and destruction in past or future events, or the end of the world

ANSWERS: 20. socioeconomic, 21. apocalyptic, 22. footprint, 23. resilient, 24. migrant, 25. deathbed, 26. socioeconomic, 27. hopeless, 28. apocalyptic

29. excuse for in_____on *n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
30. fo_____e challenges *v.* to perceive or predict; to anticipate or expect something to happen in the future
31. become a com_____ce sight *adj.* occurring very often; lacking originality or interest
32. the fo_____nts of an earlier civilization *n.* a mark of a foot, shoe, or animal's foot left on a surface
33. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
34. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
35. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
36. de_____ed confession *n.* a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
37. solar ca_____n *n.* a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping
38. pi___e the armored shells *v.* to cut or make a way through with a sharp instrument

ANSWERS: 29. inaction, 30. foresee, 31. commonplace, 32. footprint, 33. well-being, 34. resilient, 35. pun, 36. deathbed, 37. caravan, 38. pierce

39. en_____ss a broad range *v.* to surround or cover something completely; to include a large number of or different types of things entirely
40. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
41. fuel sc_____ty *n.* the state of being in short supply; a small and inadequate amount
42. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
43. sc_____ty of capital *n.* the state of being in short supply; a small and inadequate amount
44. ind_____ize service *v.* to organize the production of something into an industry
45. full of w_e *n.* significant problems or troubles; great unhappiness
46. sub_____an countries *adj.* of or relating to or situated in the area south of the Sahara Desert
47. aft_____ght comment *n.* a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
48. mi_____t worker *n.* a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another
49. he_____ss victims *adj.* unable to take care of oneself or to do things without help

ANSWERS: 39. encompass, 40. psychiatry, 41. scarcity, 42. evoke, 43. scarcity, 44. industrialize, 45. woe, 46. sub-Saharan, 47. afterthought, 48. migrant, 49. helpless

50. fo____e the consequences *v.* to perceive or predict; to anticipate or expect something to happen in the future
51. pi___e a mystery *v.* to cut or make a way through with a sharp instrument
52. as____c practices *n.* a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle
53. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
54. st____ed relationship *adj.* tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness
55. arson-caused wi____re *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
56. an aft____ght decision *n.* a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
57. ev__e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
58. ho____ss at everything *adj.* having no hope; despairing; having no chance of success

ANSWERS: 50. foresee, 51. pierce, 52. ascetic, 53. pun, 54. strained, 55. wildfire, 56. afterthought, 57. evoke, 58. hopeless

59. we__e on a loom *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
60. sc_____er uniform *n.* a student who attends a school
61. com_____ce event *adj.* occurring very often; lacking originality or interest
62. tra_____tic partnership *adj.* relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America
63. we__e a story *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
64. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous

ANSWERS: 59. weave, 60. schooler, 61. commonplace, 62. transatlantic, 63. weave, 64. well-being

Session 3: Fill in the Blanks

1. The musician's face showed a _____ expression as he struggled to hit the high note.
adj. tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness
2. The government revoked his license to employ _____ labor crews.
n. a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another
3. _____ cooperation is important for global security and stability.
adj. relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America
4. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
5. This movie is likely to _____ strong emotions in the viewer.
v. to bring or recall a feeling, memory, or image into your mind
6. The _____ destroyed hundreds of homes and forced thousands of people to evacuate.
n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
7. I feel so _____ without you.
adj. unable to take care of oneself or to do things without help

ANSWERS: 1. strained, 2. migrant, 3. Transatlantic, 4. resilient, 5. evoke, 6. wildfire, 7. helpless

8. We traveled across the country in a _____ of RVs and campers.
n. a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping
9. The family gathered around their grandfather's _____ to say goodbye.
n. a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
10. The coffee producers in _____ countries are at the sharp end of fluctuations in price.
adj. of or relating to or situated in the area south of the Sahara Desert
11. _____ in response to climate change poses a dire threat to our future.
n. the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
12. Some research says that a relative decline in teacher salaries is causing labor _____.
n. the state of being in short supply; a small and inadequate amount
13. The girl _____ a garland for her friend.
v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
14. We choose transportation that has a smaller carbon _____.
n. a mark of a foot, shoe, or animal's foot left on a surface
15. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous

ANSWERS: 8. caravan, 9. deathbed, 10. sub-Saharan, 11. Inaction, 12. scarcity, 13. weaves, 14. footprint, 15. well-being

16. The _____ lifestyle requires one to live without material possessions and worldly pleasures.
- n.* a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle
17. The _____ landscape of burnt-out villages and bombed-out ruins spread out before them.
- adj.* describing severe damage and destruction in past or future events, or the end of the world
18. Forgetting to mention our meeting was just an _____ for him.
- n.* a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
19. The comedian's ____ had the audience laughing out loud.
- n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
20. After months of job searching, he felt _____ and unsure of his future.
- adj.* having no hope; despairing; having no chance of success
21. The nations of South East Asia will quickly _____ and catch up with the West.
- v.* to organize the production of something into an industry
22. Recurrent financial _____ hampered his subsequent career.
- n.* significant problems or troubles; great unhappiness

ANSWERS: 16. ascetic, 17. apocalyptic, 18. afterthought, 19. pun, 20. hopeless, 21. industrialize, 22. woes

23. The optimal solution that would _____ all these elements has yet to be proposed.
- v.* to surround or cover something completely; to include a large number of or different types of things entirely
24. It took years of therapy before the patient could reveal their _____ thoughts and feelings.
- adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
25. The _____ conditions of a country can significantly affect its political stability.
- adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
26. Knowledge is the _____ to fear.
- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
27. I need to _____ my suitcase and put my clothes away.
- v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
28. The extreme cold _____ our bones.
- v.* to cut or make a way through with a sharp instrument
29. Forgetting someone's name is a _____ occurrence.
- adj.* occurring very often; lacking originality or interest

ANSWERS: 23. encompass, 24. innermost, 25. socioeconomic, 26. antidote, 27. unpack, 28. pierced, 29. commonplace

30. He often traveled abroad alone when he was in high _____.

n. a student who attends a school

31. I _____ a problem arising if we don't address this issue now.

v. to perceive or predict; to anticipate or expect something to happen in the future

32. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

ANSWERS: 30. schooler, 31. foresee, 32. psychiatry