

# Englist.me



## Vocabulary Builder Reference from...

Yana Buhner Tavanier: How to recover from activism burnout | TED Talk

[https://www.ted.com/talks/yana\\_buhner\\_tavanier\\_how\\_to\\_recover\\_from\\_activism\\_burnout](https://www.ted.com/talks/yana_buhner_tavanier_how_to_recover_from_activism_burnout)

### Advanced Words Only

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### hallway

*n.* an interior passage or corridor onto which rooms open  
*synonym*: foyer, corridor, entrance

(1) the head of a **hallway**, (2) wax a **hallway** floor

He dashed down a **hallway** to a bathroom.

### hesitant

*adj.* unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision  
*synonym*: indecisive, uncertain, reluctant

(1) **hesitant** response, (2) **hesitant** to take action

She was **hesitant** to speak in public but eventually overcame her fear.

### doorbell

*n.* a bell that is pressed or pulled to signal that someone wishes to enter a building  
*synonym*: bell, buzzer, ring

(1) touch a **doorbell**, (2) **doorbell** chime

He rang the **doorbell** and waited for someone to answer.

### ominous

*adj.* giving the impression that something bad is going to happen; foreboding  
*synonym*: foreboding, portentous, ominous

(1) an **ominous** silence, (2) **ominous** sign

The **ominous** clouds in the sky foretold of an approaching

storm.

## amplify

v. to enhance something, particularly sound or brightness  
*synonym*: intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

## drown

v. to die or cause to die by being unable to breathe underwater

*synonym*: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

## 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.

## gloom

n. a state of darkness, sadness, or melancholy; a feeling of depression or lack of hope; a state of obscurity or uncertainty

*synonym*: darkness, depression, melancholy

(1) a sense of **gloom**, (2) **gloom-filled** room

The **gloom** of the rainy weather was beginning to affect her mood.

## 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.

## techie

n. a person who is highly skilled or knowledgeable in the field of technology, particularly with computers or

electronic devices

*synonym* : geek, technician, computer expert

(1) gadget **techies**, (2) aspiring **techies**

Our company hired a **techie** consultant to help us improve our website's functionality.

## **fuse**

*n.* a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat

*synonym* : (verb) melt, (verb) blend

(1) **fuse** blows, (2) **fuse** with one another

He has a short **fuse**.

## **empower**

*v.* to give someone the power or authority to do something

*synonym* : authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## **bakery**

*n.* a place where bread and other baked goods are made and sold

*synonym* : bakeshop, bakehouse

(1) run a **bakery**, (2) **bakery** industry

He worked at the **bakery** as a baker.

## **dictator**

*n.* a political leader who has complete power over a country, especially one who has obtained control by force

*synonym* : autocrat, tyrant, despot

(1) military **dictator**, (2) a **dictator** with enormous powers

A popular uprising led to the overthrow of the **dictator**.

## **oppress**

*v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people

*synonym*: antagonize, distress, burden

(1) **oppress** the minority, (2) **oppress** the people with force  
Historically, many countries have often **oppressed** certain religions to gain the support of the majority of the population.

## overstate

v. to exaggerate or make something seem more important or serious than it is

*synonym*: exaggerate, embellish, magnify

(1) **overstate** the issue, (2) **overstate** the importance  
He tends to **overstate** his accomplishments to impress others.

## empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

*synonym*: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients  
**Empathy** is also necessary to understand history.

## eyebrow

n. the hair arc over each eye in humans

*synonym*: brow, supercilium

(1) raise her **eyebrows**, (2) **eyebrow** cosmetics  
She raised an inquiring **eyebrow** towards me.

## irresponsible

adj. not showing a proper sense of responsibility; not reliable

*synonym*: careless, reckless, thoughtless

(1) **irresponsible** actions, (2) **irresponsible** behavior  
It was **irresponsible** of him to drive home after drinking so much alcohol.

## insensitive

adj. not showing or feeling concern for the needs and feelings of others

*synonym*: unfeeling, unaware, indifferent

(1) an **insensitive** heart, (2) **insensitive** behavior  
His **insensitive** comments made her feel hurt and unimportant.

## levity

*n.* humor or a lighthearted, playful attitude or behavior, especially in situations that might otherwise be serious or somber; lack of seriousness or sense of humor

*synonym* : frivolity, jocularly, flippancy

(1) **levity** in conversation, (2) a moment of **levity**

Although the topic was serious, the speaker injected some **levity** into the presentation to keep the audience engaged.

## drip

*v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

*synonym* : drop, drizzle, trickle

(1) **drip** liquid, (2) **drip** from the vicious wound

Water is **dripping** from the faucet.

## lighthouse

*n.* a tower or other structure that is equipped with a powerful light designed to guide ships safely to harbor or warn them of impending danger

*synonym* : beacon, pharos, guiding light

(1) **lighthouse** beacon, (2) **lighthouse** keeper

Tourists gathered at the **lighthouse's** base to take photos and admire the view.

## crumble

*v.* to break or fall apart into small pieces or fragments, especially due to age, decay, or lack of support

*synonym* : disintegrate, collapse, deteriorate

(1) **crumble** to dust, (2) began to **crumble** under financial pressure

The old building was starting to **crumble** due to years of neglect and lack of maintenance.

## corrode

*v.* to destroy or eat away slowly by chemical action; to gradually wear away, weaken, or disintegrate over time

*synonym* : erode, rust, eat away

(1) **corrode** steel drums, (2) **corrode** pipes

The saltwater can **corrode** metal over time if not properly maintained.

## Session 2: Spelling

- |  |   |
|--|---|
| 1. run a ba___y                          | <i>n.</i> a place where bread and other baked goods are made and sold   |
| 2. psy_____ry therapy                    | <i>n.</i> the branch of medicine concerned with the study, treatment, and prevention of mental illness  |
| 3. an ins_____ve heart                   | <i>adj.</i> not showing or feeling concern for the needs and feelings of others   |
| 4. f__e with one another                 | <i>n.</i> a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat |
| 5. co_____e steel drums                  | <i>v.</i> to destroy or eat away slowly by chemical action; to gradually wear away, weaken, or disintegrate over time   |
| 6. em_____r the secretary to do the same | <i>v.</i> to give someone the power or authority to do something  |
| 7. ov_____te the importance              | <i>v.</i> to exaggerate or make something seem more important or serious than it is   |
| 8. em_____y for patients                 | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation  |
| 9. full of em_____y                      | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation  |
| 10. raise her ey_____ws                  | <i>n.</i> the hair arc over each eye in humans  |

ANSWERS: 1. bakery, 2. psychiatry, 3. insensitive, 4. fuse, 5. corrode, 6. empower, 7. overstate, 8. empathy, 9. empathy, 10. eyebrow

- |  |      |  |
|--|------|--|
| 11. began to cr_____e under financial pressure | v.   | to break or fall apart into small pieces or fragments, especially due to age, decay, or lack of support  |
| 12. cr_____e to dust                           | v.   | to break or fall apart into small pieces or fragments, especially due to age, decay, or lack of support  |
| 13. a di_____or with enormous powers           | n.   | a political leader who has complete power over a country, especially one who has obtained control by force   |
| 14. mental bu_____t                            | n.   | the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking  |
| 15. a sense of gl___m                          | n.   | a state of darkness, sadness, or melancholy; a feeling of depression or lack of hope; a state of obscurity or uncertainty  |
| 16. le___y in conversation                     | n.   | humor or a lighthearted, playful attitude or behavior, especially in situations that might otherwise be serious or somber; lack of seriousness or sense of humor |
| 17. ins_____ve behavior                        | adj. | not showing or feeling concern for the needs and feelings of others  |
| 18. he_____nt response                         | adj. | unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision   |
| 19. am_____y the effect                        | v.   | to enhance something, particularly sound or brightness   |
| 20. op_____s the people with force             | v.   | to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people                                     |

ANSWERS: 11. crumble, 12. crumble, 13. dictator, 14. burnout, 15. gloom, 16. levity, 17. insensitive, 18. hesitant, 19. amplify, 20. oppress

21. em\_\_\_\_\_r my life                      *v.* to give someone the power or authority to do something
22. irr\_\_\_\_\_ble actions                      *adj.* not showing a proper sense of responsibility; not reliable
23. lig\_\_\_\_\_se keeper                      *n.* a tower or other structure that is equipped with a powerful light designed to guide ships safely to harbor or warn them of impending danger
24. d\_\_p liquid                      *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
25. op\_\_\_\_\_s the minority                      *v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
26. he\_\_\_\_\_nt to take action                      *adj.* unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision
27. lig\_\_\_\_\_se beacon                      *n.* a tower or other structure that is equipped with a powerful light designed to guide ships safely to harbor or warn them of impending danger
28. a moment of le\_\_\_y                      *n.* humor or a lighthearted, playful attitude or behavior, especially in situations that might otherwise be serious or somber; lack of seriousness or sense of humor
29. bu\_\_\_\_\_t syndrome                      *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 21. empower, 22. irresponsible, 23. lighthouse, 24. drip, 25. oppress, 26. hesitant, 27. lighthouse, 28. levity, 29. burnout



30. om\_\_\_\_s sign *adj.* giving the impression that something bad is going to happen; foreboding
31. ey\_\_\_\_w cosmetics *n.* the hair arc over each eye in humans
32. f\_\_e blows *n.* a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat
33. biological psy\_\_\_\_ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
34. the head of a ha\_\_\_\_y *n.* an interior passage or corridor onto which rooms open
35. am\_\_\_\_y a signal *v.* to enhance something, particularly sound or brightness
36. I was dr\_\_ned in work *v.* to die or cause to die by being unable to breathe underwater
37. gl\_\_m-filled room *n.* a state of darkness, sadness, or melancholy; a feeling of depression or lack of hope; a state of obscurity or uncertainty
38. d\_\_p from the vicious wound *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
39. an om\_\_\_\_s silence *adj.* giving the impression that something bad is going to happen; foreboding
40. ov\_\_\_\_te the issue *v.* to exaggerate or make something seem more important or serious than it is

ANSWERS: 30. ominous, 31. eyebrow, 32. fuse, 33. psychiatry, 34. hallway, 35. amplify, 36. drown, 37. gloom, 38. drip, 39. ominous, 40. overstate

41. ba\_\_\_y industry *n.* a place where bread and other baked goods are made and sold
42. do\_\_\_\_\_ll chime *n.* a bell that is pressed or pulled to signal that someone wishes to enter a building
43. gadget te\_\_\_es *n.* a person who is highly skilled or knowledgeable in the field of technology, particularly with computers or electronic devices
44. military di\_\_\_\_\_or *n.* a political leader who has complete power over a country, especially one who has obtained control by force
45. irr\_\_\_\_\_ble behavior *adj.* not showing a proper sense of responsibility; not reliable
46. wax a ha\_\_\_\_\_y floor *n.* an interior passage or corridor onto which rooms open
47. aspiring te\_\_\_es *n.* a person who is highly skilled or knowledgeable in the field of technology, particularly with computers or electronic devices
48. co\_\_\_\_\_e pipes *v.* to destroy or eat away slowly by chemical action; to gradually wear away, weaken, or disintegrate over time
49. touch a do\_\_\_\_\_ll *n.* a bell that is pressed or pulled to signal that someone wishes to enter a building
50. dr\_\_n in a bath *v.* to die or cause to die by being unable to breathe underwater

ANSWERS: 41. bakery, 42. doorbell, 43. techie, 44. dictator, 45. irresponsible, 46. hallway, 47. techie, 48. corrode, 49. doorbell, 50. drown

## Session 3: Fill in the Blanks

1. He dashed down a \_\_\_\_\_ to a bathroom.  
*n.* an interior passage or corridor onto which rooms open
  
2. She was \_\_\_\_\_ to speak in public but eventually overcame her fear.  
*adj.* unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision
  
3. Historically, many countries have often \_\_\_\_\_ certain religions to gain the support of the majority of the population.  
*v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
  
4. Tourists gathered at the \_\_\_\_\_ base to take photos and admire the view.  
*n.* a tower or other structure that is equipped with a powerful light designed to guide ships safely to harbor or warn them of impending danger
  
5. A popular uprising led to the overthrow of the \_\_\_\_\_.  
*n.* a political leader who has complete power over a country, especially one who has obtained control by force
  
6. His \_\_\_\_\_ comments made her feel hurt and unimportant.  
*adj.* not showing or feeling concern for the needs and feelings of others
  
7. The \_\_\_\_\_ clouds in the sky foretold of an approaching storm.  
*adj.* giving the impression that something bad is going to happen; foreboding

ANSWERS: 1. hallway, 2. hesitant, 3. oppressed, 4. lighthouse's, 5. dictator, 6. insensitive, 7. ominous

8. Although the topic was serious, the speaker injected some \_\_\_\_\_ into the presentation to keep the audience engaged.
- n.* humor or a lighthearted, playful attitude or behavior, especially in situations that might otherwise be serious or somber; lack of seriousness or sense of humor
9. \_\_\_\_\_ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
10. Floods have the potential to \_\_\_\_\_ any subsurface animals easily.
- v.* to die or cause to die by being unable to breathe underwater
11. The \_\_\_\_\_ of the rainy weather was beginning to affect her mood.
- n.* a state of darkness, sadness, or melancholy; a feeling of depression or lack of hope; a state of obscurity or uncertainty
12. He worked at the \_\_\_\_\_ as a baker.
- n.* a place where bread and other baked goods are made and sold
13. 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
14. She raised an inquiring \_\_\_\_\_ towards me.
- n.* the hair arc over each eye in humans
15. Our company hired a \_\_\_\_\_ consultant to help us improve our website's functionality.
- n.* a person who is highly skilled or knowledgeable in the field of technology, particularly with computers or electronic devices

ANSWERS: 8. levity, 9. Empathy, 10. drown, 11. gloom, 12. bakery, 13. psychiatry, 14. eyebrow, 15. techie

16. Water is \_\_\_\_\_ from the faucet.

- v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

17. The saltwater can \_\_\_\_\_ metal over time if not properly maintained.

- v.* to destroy or eat away slowly by chemical action; to gradually wear away, weaken, or disintegrate over time

18. It was \_\_\_\_\_ of him to drive home after drinking so much alcohol.

- adj.* not showing a proper sense of responsibility; not reliable

19. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.

- v.* to give someone the power or authority to do something

20. He tends to \_\_\_\_\_ his accomplishments to impress others.

- v.* to exaggerate or make something seem more important or serious than it is

21. He rang the \_\_\_\_\_ and waited for someone to answer.

- n.* a bell that is pressed or pulled to signal that someone wishes to enter a building

22. 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

23. He has a short \_\_\_\_\_.

- n.* a small part in an electrical device or machinery that can interrupt the flow of electrical current when it is overloaded; (verb) to become plastic or fluid or liquefied from heat

ANSWERS: 16. dripping, 17. corrode, 18. irresponsible, 19. empowered, 20. overstate, 21. doorbell, 22. burnout, 23. fuse

24. The old building was starting to \_\_\_\_\_ due to years of neglect and lack of maintenance.

- v. to break or fall apart into small pieces or fragments, especially due to age, decay, or lack of support

25. You might need to \_\_\_\_\_ this point.

- v. to enhance something, particularly sound or brightness

ANSWERS: 24. crumble, 25. amplify