

Englist.me



Vocabulary Builder Reference from...

Olivia Remes: How to cope with loneliness | TED Talk

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

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

loneliness

n. a state or feeling of being unhappy because you have no connection with other people

synonym: isolation, alienation, desolation

(1) a strong sense of **loneliness**, (2) remedy **loneliness**

I realize the **loneliness** of a single life.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

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.

alienated

adj. feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging

synonym : isolated, estranged, disconnected

(1) **alienated** from my parents, (2) become **alienated**

The new employee felt **alienated** from the rest of the team, as they didn't try to include him in their conversations.

steer

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

synonym : guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym : dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

monk

n. a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym : friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

maze

n. a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through

synonym : labyrinth, puzzle, network

(1) puzzle **maze**, (2) labyrinth **maze**

We got lost in the **maze** of streets while exploring the city.

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.

reciprocate

v. to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner

synonym : return, exchange, give back

(1) **reciprocate** a kindness, (2) **reciprocate** a gesture

The two countries **reciprocated** each other's goodwill gestures by exchanging cultural visits.

staircase

n. a set of stairs inside a building, usually with posts and bars that are fixed at the side

synonym : stairway, stairwell

(1) spiral **staircase**, (2) beetle up the **staircase**

She walked urgently down the emergency **staircase**.

Session 2: Spelling

1. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
2. sma_____ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
3. beetle up the st_____se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
4. completely im_____e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
5. labyrinth m__e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
6. become al_____ed *adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging
7. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
8. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 1. opportune, 2. smartphone, 3. staircase, 4. immerse, 5. maze, 6. alienated, 7. Alzheimer, 8. opportune

9. rec_____te a kindness *v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner
10. cloistered m__k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
11. m__k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
12. puzzle m__e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
13. rec_____te a gesture *v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner
14. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
15. a strong sense of lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people

ANSWERS: 9. reciprocate, 10. monk, 11. monk, 12. maze, 13. reciprocate, 14. Alzheimer, 15. loneliness

16. st__r a conversation *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
17. an ant_____ant drug *n.* any of a class of drugs used to reduce feelings of sadness and worry
18. remedy lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people
19. spiral st_____se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
20. im_____e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
21. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
22. al_____ed from my parents *adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging
23. st__r a steady course *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
24. ant_____ant effect *n.* any of a class of drugs used to reduce feelings of sadness and worry

ANSWERS: 16. steer, 17. antidepressant, 18. loneliness, 19. staircase, 20. immerse, 21. smartphone, 22. alienated, 23. steer, 24. antidepressant

Session 3: Fill in the Blanks

1. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
2. The ascetic _____ spent his days in prayer and contemplation in the monastery.
n. a member of a religious community of men living under vows of poverty, chastity, and obedience
3. He _____ himself in his research.
v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
4. The two countries _____ each other's goodwill gestures by exchanging cultural visits.
v. to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner
5. She walked urgently down the emergency _____.
n. a set of stairs inside a building, usually with posts and bars that are fixed at the side
6. The new employee felt _____ from the rest of the team, as they didn't try to include him in their conversations.
adj. feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging
7. Internet traffic volumes have increased significantly with the advent of _____.
n. a mobile phone that functions as a computer and connects to the Internet

ANSWERS: 1. opportune, 2. monk, 3. immersed, 4. reciprocated, 5. staircase, 6. alienated, 7. smartphones

8. The captain told him to _____ the ship north.

- v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

9. We got lost in the _____ of streets while exploring the city.

- n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through

10. My grandmother has _____ disease requires special care and attention from her caregivers.

- n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

11. She has been taking _____ since her baby died.

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

12. I realize the _____ of a single life.

- n.* a state or feeling of being unhappy because you have no connection with other people

ANSWERS: 8. steer, 9. maze, 10. Alzheimer's, 11. antidepressants, 12. loneliness