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Essam Daod: How we can bring mental health support to refugees | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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.

refugee

n. a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war

synonym : emigrant, evacuee, exile

(1) global **refugee** crisis, (2) the **refugee** camp

The community warmly welcomed the **refugees**.

shoreline

n. a line that separates land and sea

(1) **shoreline** erosion, (2) coral-reef **shoreline**

Flooding occurs along the city's **shoreline** due to the storm surge.

rescue

v. to save someone or something from a dangerous or difficult situation

synonym : save, extricate, retrieve

(1) **rescue** a dying dog, (2) **rescue** a company from bankruptcy

The fire department arrived just in time to **rescue** the family from the burning building.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

wit

n. the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

nowadays

adv. at the current time, in comparison to the past

synonym: currently, presently, today

(1) young people **nowadays**, (2) not to be seen **nowadays**

People can clone a sheep **nowadays**.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym : heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym : distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

shore

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

synonym : coast, seaside, beach

(1) a sandy **shore**, (2) **shore** up demand

The waves are beating against the **shore**.

rub

v. to move one's hand or an object over the surface of something with pressure

synonym : scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window
She **rubbed** the sore spot on her leg to ease the pain.

frightening

adj. causing fear or alarm, or very surprising and alarming
synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience
The news of the pandemic was a **frightening** reminder of the fragility of human health.

verge

n. the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
synonym: brink, edge, margin

(1) **verge** of bankruptcy, (2) on the **verge** of tears
He stood on the **verge** of a major discovery.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill
We must **develop** a new system to streamline our workflow and increase efficiency.

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.

Arabic

n. the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language

(1) **Arabic** cuisine, (2) **Arabic** language
I'm studying **Arabic** calligraphy as part of my art class.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

scared

adj. afraid or frightened

synonym : frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

helicopter

n. a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

synonym : chopper, copter, whirlybird

(1) **helicopter** ride, (2) police **helicopter**

The company's CEO arrived at the meeting via **helicopter** to avoid traffic congestion

hover

v. to stay in one place in the air

synonym : hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

photograph

n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film

synonym : photo, picture, snapshot

(1) **photograph** album, (2) **photograph** memories

I found an old **photograph** of my grandparents from their wedding day.

hero

n. a person who is admired or idealized for courage, outstanding achievements, or noble qualities; a

character in literature or history who is central to the plot and who exhibits heroic qualities

synonym : champion, protagonist, savior

(1) local **hero**, (2) unsung **hero**

The soldier who sacrificed his life for his country is considered a national **hero**.

bat

n. a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

synonym : cane, rod, stick

(1) **bat** cave, (2) **bat** an eye

The cave was a habitat for **bats**.

guidance

n. advice or instructions given to help direct someone's behavior or decision-making

synonym : advice, direction, support

(1) vocational **guidance**, (2) **guidance** counselor

The mentor provided **guidance** to the young entrepreneur, helping her navigate the business world.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym : interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

prevalence

n. the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

synonym : preponderance, currency, frequency

(1) **prevalence** rate, (2) high **prevalence** of a diabetes
The **prevalence** of allergies has increased in recent years.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

workforce

n. all the people who work in a company, industry, country, etc.

synonym: labor pool, manpower

(1) skilled **workforce**, (2) the **workforce** is on strike

Many companies outsource and hire consultants to keep their **workforce** flexible.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym: self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

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.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

storage

n. the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

synonym: storehouse, depository, warehousing

(1) a **storage** battery, (2) **storage** at low temperature

We store customer data in cloud **storage**.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

bravery

n. courage in the face of danger

synonym: courage, valor, heroism

(1) **bravery** against the enemy, (2) **bravery** under fire

His **bravery** in the face of danger saved the lives of his comrades.

narrative

n. a story or a description of a series of events or process of telling a story

synonym: the tale, chronology, annals

(1) **narrative** poetry, (2) personal **narrative**

The **narrative** handles multiple plot lines and has unpredictable ends.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

cofounder

n. one of several people who establishes an organization or starts a business

(1) **cofounder** of the university, (2) late **cofounder**

He is the **cofounder** and chairman of this tech company.

humanity

n. all people living on the earth; the quality or state of being human rather than an animal, a machine, etc.

synonym : humankind, society, human race

(1) **humanity** at large, (2) mass of **humanity**

They donated large sums of money for the development of **humanity**.

crew

n. a group of people who work together, especially on a ship or airplane

synonym : team, group, squad

(1) the film **crew**, (2) the **crew** of a fishing boat

The ship's **crew** worked hard to repair the damaged sails before the next storm hit.

aid

n. things sent to help countries in need, notably food or money; support

synonym : helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

psychosocial

adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

synonym : psychological, social, mental

(1) **psychosocial** factors, (2) **psychosocial** well-being
Psychosocial therapy can be beneficial for individuals with mental health conditions.

displace

v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

synonym : evict, exile, remove

(1) **displace** workers, (2) **displace** the explosive power
The construction of the new dam will **displace** hundreds of families living downstream.

suitable

adj. fit or appropriate; proper; adapted

synonym : appropriate, fitting, proper

(1) **suitable** amount, (2) date **suitable** to both groups
The dress was **suitable** for the formal occasion.

lifeguard

n. a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety

synonym : rescuer, guardian, saver

(1) **lifeguard** station, (2) **lifeguard** on duty

The **lifeguard** training program includes first aid, CPR, and rescue techniques.

clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

synonym : hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym : beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties
He tried to **overcome** a bad reputation and win the election.

asylum

n. protection granted to someone who has left their home country as a political refugee

synonym : refuge, shelter, haven

(1) grant **asylum**, (2) **asylum** law

The refugees sought **asylum** in the neighboring country.

integrate

v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

synonym : mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

delegate

n. a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

synonym : representative, envoy, agent

(1) **delegate** a routine task, (2) send a **delegate**

The **delegate** from the small country was not allowed to speak at the meeting.

qualified

adj. officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job

synonym : eligible, skillful, accomplished

(1) a **qualified** doctor, (2) **qualified** in medicine

We seek a person **qualified** for the post.

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym : unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym: accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help

He never **acknowledged** his fault.

visible

adj. capable of being seen; or open to easy view

synonym: clear, observable, seeable

(1) **visible** stars, (2) **visible** by X-ray

My home is easily **visible** from the shore.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

distinguish

v. to notice or understand the difference between two people or things

synonym: determine, differentiate, characterize

(1) **distinguish** these two things, (2) **distinguish** man from the other animals

This study **distinguished** four different ways to run a business.

Session 2: Spelling

1. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
2. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
3. b_t an eye *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
4. a qu_____ed doctor *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
5. vi_____e by X-ray *adj.* capable of being seen; or open to easy view
6. st_____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
7. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
8. cr__l joke *adj.* feeling or showing pleasure in causing pain or suffering to others
9. em_____al health *adj.* relating to people's feelings

ANSWERS: 1. frightening, 2. rub, 3. bat, 4. qualified, 5. visible, 6. stimming, 7. psychiatry, 8. cruel, 9. emotional

10. br___h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
11. Ar___c language *n.* the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language
12. visit to the veterinary cl___c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
13. as___m law *n.* protection granted to someone who has left their home country as a political refugee
14. the film c__w *n.* a group of people who work together, especially on a ship or airplane
15. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
16. hu_____ty at large *n.* all people living on the earth; the quality or state of being human rather than an animal, a machine, etc.
17. pho_____ph memories *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
18. send a de_____te *n.* a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

ANSWERS: 10. breath, 11. Arabic, 12. clinic, 13. asylum, 14. crew, 15. trauma, 16. humanity, 17. photograph, 18. delegate

19. date su____le to both groups *adj.* fit or appropriate; proper; adapted
20. li_____rd station *n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety
21. vocational gu_____ce *n.* advice or instructions given to help direct someone's behavior or decision-making
22. vi_____e stars *adj.* capable of being seen; or open to easy view
23. pre_____ce rate *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
24. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
25. re__t at a high temperature *v.* to take action in response to something
26. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
27. grant as___m *n.* protection granted to someone who has left their home country as a political refugee
28. sh__e up demand *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

ANSWERS: 19. suitable, 20. lifeguard, 21. guidance, 22. visible, 23. prevalence, 24. psychiatry, 25. react, 26. aid, 27. asylum, 28. shore

29. financial a_d *n.* things sent to help countries in need, notably food or money; support
30. field of gene th____y *n.* the act of caring for someone through medication, remedial training, etc.
31. li_____rd on duty *n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety
32. hold your br___h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
33. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way
34. Ar___c cuisine *n.* the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language
35. na_____ve poetry *n.* a story or a description of a series of events or process of telling a story
36. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
37. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune
38. re_____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

ANSWERS: 29. aid, 30. therapy, 31. lifeguard, 32. breath, 33. wit, 34. Arabic, 35. narrative, 36. rub, 37. catastrophe, 38. reframe

39. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
40. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
41. unsung h__o *n.* a person who is admired or idealized for courage, outstanding achievements, or noble qualities; a character in literature or history who is central to the plot and who exhibits heroic qualities
42. my vo_____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
43. late co_____er *n.* one of several people who establishes an organization or starts a business
44. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
45. re__t against his way of thinking *v.* to take action in response to something
46. dis_____sh man from the other animals *v.* to notice or understand the difference between two people or things
47. ve__e of bankruptcy *n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border

ANSWERS: 39. traumatic, 40. narrative, 41. hero, 42. volunteer, 43. cofounder, 44. damage, 45. react, 46. distinguish, 47. verge

48. young people no_____ys *adv.* at the current time, in comparison to the past
49. ack_____ge the deed *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
50. police hel_____er *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
51. on the ve__e of tears *n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
52. skilled wo_____ce *n.* all the people who work in a company, industry, country, etc.
53. sh_____ne erosion *n.* a line that separates land and sea
54. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
55. ho__r between life and death *v.* to stay in one place in the air
56. ack_____ge his help *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

ANSWERS: 48. nowadays, 49. acknowledge, 50. helicopter, 51. verge, 52. workforce, 53. shoreline, 54. trauma, 55. hover, 56. acknowledge

57. b_t cave *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
58. autistic st_____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
59. ho__r around the table *v.* to stay in one place in the air
60. br_____y under fire *n.* courage in the face of danger
61. a cr__l and unusual punishment *adj.* feeling or showing pleasure in causing pain or suffering to others
62. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
63. mass of hu_____ty *n.* all people living on the earth; the quality or state of being human rather than an animal, a machine, etc.
64. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
65. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

ANSWERS: 57. bat, 58. stimming, 59. hover, 60. bravery, 61. cruel, 62. brain, 63. humanity, 64. develop, 65. reframe

66. dis_____sh these two things *v.* to notice or understand the difference between two people or things
67. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
68. qu_____ed in medicine *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
69. the wo_____ce is on strike *n.* all the people who work in a company, industry, country, etc.
70. psy_____gy experiment *n.* the scientific study of mind and behavior
71. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
72. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
73. not to be seen no_____ys *adv.* at the current time, in comparison to the past
74. the c__w of a fishing boat *n.* a group of people who work together, especially on a ship or airplane
75. in_____te into the existing system *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
76. a dental cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

ANSWERS: 66. distinguish, 67. catastrophe, 68. qualified, 69. workforce, 70. psychology, 71. suffer, 72. frightening, 73. nowadays, 74. crew, 75. integrate, 76. clinic

77. br____y against the enemy *n.* courage in the face of danger
78. hel_____er ride *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
79. a st_____e battery *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information
80. cr____s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
81. a sandy sh__e *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
82. in_____te both businesses *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
83. pho_____ph album *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
84. psy_____ial factors *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

ANSWERS: 77. bravery, 78. helicopter, 79. storage, 80. crisis, 81. shore, 82. integrate, 83. photograph, 84. psychosocial

85. di_____ce workers *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
86. re___e a dying dog *v.* to save someone or something from a dangerous or difficult situation
87. psy_____ial well-being *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
88. surgical int_____ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
89. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
90. f___e abroad *v.* to leave by running away, especially out of fear or danger
91. sc___d all the time *adj.* afraid or frightened
92. f___e their homes *v.* to leave by running away, especially out of fear or danger
93. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

ANSWERS: 85. displace, 86. rescue, 87. psychosocial, 88. intervention, 89. damage, 90. flee, 91. scared, 92. flee, 93. overcome

94. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
95. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
96. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
97. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
98. di_____ce the explosive power *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
99. high pre_____ce of a diabetes *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
100. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
101. de_____te a routine task *n.* a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

ANSWERS: 94. develop, 95. volunteer, 96. overcome, 97. confidence, 98. displace, 99. prevalence, 100. traumatic, 101. delegate

102. the w_t of man	<i>n.</i> the ability to say or write things or ideas in a clever and humorous way
103. re___e a company from bankruptcy	<i>v.</i> to save someone or something from a dangerous or difficult situation
104. co_____er of the university	<i>n.</i> one of several people who establishes an organization or starts a business
105. sc___d dog	<i>adj.</i> afraid or frightened
106. coral-reef sh_____ne	<i>n.</i> a line that separates land and sea
107. gu_____ce counselor	<i>n.</i> advice or instructions given to help direct someone's behavior or decision-making
108. am_____la damage	<i>n.</i> 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
109. basic br__n function	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
110. em_____al distress	<i>adj.</i> relating to people's feelings
111. th_____y for a patient	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
112. the decline in am_____la activity	<i>n.</i> 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
113. st_____e at low temperature	<i>n.</i> the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

ANSWERS: 102. wit, 103. rescue, 104. cofounder, 105. scared, 106. shoreline, 107. guidance, 108. amygdala, 109. brain, 110. emotional, 111. therapy, 112. amygdala, 113. storage

114. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
115. local h__o *n.* a person who is admired or idealized for courage, outstanding achievements, or noble qualities; a character in literature or history who is central to the plot and who exhibits heroic qualities
116. global re_____e crisis *n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war
117. psy_____gy of crowd *n.* the scientific study of mind and behavior
118. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
119. su_____le amount *adj.* fit or appropriate; proper; adapted
120. financial cr____s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
121. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
122. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

ANSWERS: 114. suffer, 115. hero, 116. refugee, 117. psychology, 118. disorder, 119. suitable, 120. crisis, 121. confidence, 122. intervention

123. the files are in complete di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
124. the re____e camp *n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war

ANSWERS: 123. disorder, 124. refugee

Session 3: Fill in the Blanks

1. The soldier who sacrificed his life for his country is considered a national _____.
n. a person who is admired or idealized for courage, outstanding achievements, or noble qualities; a character in literature or history who is central to the plot and who exhibits heroic qualities

2. He never _____ his fault.
v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

3. The _____ from the small country was not allowed to speak at the meeting.
n. a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

4. How did he _____ to your idea?
v. to take action in response to something

5. They donated large sums of money for the development of _____.
n. all people living on the earth; the quality or state of being human rather than an animal, a machine, etc.

6. _____ therapy can be beneficial for individuals with mental health conditions.
adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

7. His _____ in the face of danger saved the lives of his comrades.
n. courage in the face of danger

ANSWERS: 1. hero, 2. acknowledged, 3. delegate, 4. react, 5. humanity, 6. Psychosocial, 7. bravery

8. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
- n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
9. The dictator was known for his _____ and oppressive regime.
- adj.* feeling or showing pleasure in causing pain or suffering to others
10. People can clone a sheep _____.
- adv.* at the current time, in comparison to the past
11. She _____ the sore spot on her leg to ease the pain.
- v.* to move one's hand or an object over the surface of something with pressure
12. He has the _____ to keep talking about this topic.
- n.* the ability to say or write things or ideas in a clever and humorous way
13. The refugees sought _____ in the neighboring country.
- n.* protection granted to someone who has left their home country as a political refugee
14. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
15. This study _____ four different ways to run a business.
- v.* to notice or understand the difference between two people or things

ANSWERS: 8. stimming, 9. cruel, 10. nowadays, 11. rubbed, 12. wit, 13. asylum, 14. disorder, 15. distinguished

16. The fire department arrived just in time to _____ the family from the burning building.
- v.* to save someone or something from a dangerous or difficult situation
17. The ship's _____ worked hard to repair the damaged sails before the next storm hit.
- n.* a group of people who work together, especially on a ship or airplane
18. I'm _____ of insects.
- adj.* afraid or frightened
19. The dress was _____ for the formal occasion.
- adj.* fit or appropriate; proper; adapted
20. The teachers make full use of _____ assistance.
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do
21. He is the _____ and chairman of this tech company.
- n.* one of several people who establishes an organization or starts a business
22. He tried to _____ a bad reputation and win the election.
- v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
23. I'm studying _____ calligraphy as part of my art class.
- n.* the Semitic language of the Arab people, widely spoken throughout the Middle East and North Africa; of or relating to Arab peoples, culture, or language

ANSWERS: 16. rescue, 17. crew, 18. scared, 19. suitable, 20. volunteer, 21. cofounder, 22. overcome, 23. Arabic

24. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
25. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune
26. She holds a _____ on Tuesday mornings.
n. a building or hospital department where people can go for medical care or advice, especially of a particular condition
27. The _____ of allergies has increased in recent years.
n. the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
28. I found an old _____ of my grandparents from their wedding day.
n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
29. 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
30. She had a master's degree in _____.
n. the scientific study of mind and behavior
31. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 24. therapy, 25. catastrophe, 26. clinic, 27. prevalence, 28. photograph, 29. amygdala, 30. psychology, 31. suffers

32. The news of the pandemic was a _____ reminder of the fragility of human health.

adj. causing fear or alarm, or very surprising and alarming

33. He stood on the _____ of a major discovery.

n. the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border

34. We store customer data in cloud _____.

n. the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

35. The therapist tried to _____ his negative thoughts.

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

36. Flooding occurs along the city's _____ due to the storm surge.

n. a line that separates land and sea

37. We must _____ a new system to streamline our workflow and increase efficiency.

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

38. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

ANSWERS: 32. frightening, 33. verge, 34. storage, 35. reframe, 36. shoreline, 37. develop, 38. crisis

39. He bated his _____ when talking about this affair.

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

40. The _____ handles multiple plot lines and has unpredictable ends.

n. a story or a description of a series of events or process of telling a story

41. The construction of the new dam will _____ hundreds of families living downstream.

v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

42. The experience was so _____ that it left a lasting impact on the survivor's mental health.

adj. relating to or caused by injury, especially emotional injury

43. Two birds were _____ overhead.

v. to stay in one place in the air

44. Pakistan's ___ budget was still being reviewed.

n. things sent to help countries in need, notably food or money; support

45. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

46. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 39. breath, 40. narrative, 41. displace, 42. traumatic, 43. hovering, 44. aid, 45. emotional, 46. brain

47. The cave was a habitat for _____.

- n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

48. The company's CEO arrived at the meeting via _____ to avoid traffic congestion

- n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

49. The _____ training program includes first aid, CPR, and rescue techniques.

- n.* a person who is trained to swim and rescue people who are in danger of drowning in a body of water, such as a pool or ocean, often employed at beaches, pools, and other aquatic facilities to ensure swimmers' safety

50. We seek a person _____ for the post.

- adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job

51. Many companies outsource and hire consultants to keep their _____ flexible.

- n.* all the people who work in a company, industry, country, etc.

52. The mentor provided _____ to the young entrepreneur, helping her navigate the business world.

- n.* advice or instructions given to help direct someone's behavior or decision-making

53. My home is easily _____ from the shore.

- adj.* capable of being seen; or open to easy view

ANSWERS: 47. bats, 48. helicopter, 49. lifeguard, 50. qualified, 51. workforce, 52. guidance, 53. visible

54. The community warmly welcomed the _____.
- n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war
55. Many civilians have suffered _____ as a result of the war.
- n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
56. The waves are beating against the _____.
- n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
57. This _____ does not require the patient's consent.
- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
58. Skill and _____ are an unconquered army.
- n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
59. He found that it is difficult to _____ socially.
- v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
60. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 54. refugees, 55. trauma, 56. shore, 57. intervention, 58. confidence, 59. integrate, 60. damage

61. 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

62. It is a basic instinct to _____ from a dangerous situation.

v. to leave by running away, especially out of fear or danger

ANSWERS: 61. psychiatry, 62. flee