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Madhumita Murgia: How stress affects your brain | TED Talk

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

Advanced Words Only

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Session 1: Word List

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym : cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

moodiness

n. a tendency to experience mood swings or to be easily affected by changes in mood

synonym : emotional instability, irritability, temperament

(1) control your **moodiness**, (2) **moodiness** during puberty

His **moodiness** made it difficult for his coworkers to predict how he would react to things.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

synonym: overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate

He **overworked** himself and ended up getting sick.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

endocrine

adj. relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

synonym: hormonal, glandular, secretory

(1) **endocrine** disorders, (2) **endocrine** cell

The **endocrine** system regulates many bodily functions,

including metabolism and growth.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

wreak

v. to cause or bring about something, often as a result of harmful or destructive actions or events

synonym: cause, inflict, bring about

(1) **wreak** a lot of changes, (2) **wreak** further damage

The virus has **wreaked** havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.

havoc

n. widespread destruction or devastation, often caused by natural disasters, war, or other violent events

synonym: destruction, devastation, ruin

(1) cause **havoc**, (2) play **havoc** in the mind

The storm wreaked **havoc** on the town, causing widespread damage and power outages.

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.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory

storage.

deteriorate

v. to become worse in quality; to decline or degenerate
synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition
The patient's health **deteriorated** rapidly after being diagnosed with the disease.

synapse

n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**
Animals transmit nerve impulses through **synapses**.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body
Our body transfers information along each **neuron** using an electrical impulse.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region
Research shows that damage to the **prefrontal** cortex leads to increased aggression.

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.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

pup

n. a young dog, seal, or other animals

synonym: puppy, whelp, cub

(1) **pup** company, (2) playful **pup**

The little **pup** was so cute, with big, floppy ears and a wagging tail.

dampen

v. to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

synonym: drench, moisten, saturate

(1) **dampen** the sound, (2) **dampen** the enthusiasm

The rain helped **dampen** the flames of the campfire.

negligent

adj. not being careful or giving enough attention to important matters

synonym: careless, reckless, inattentive

(1) **negligent** behavior, (2) sit in a **negligent** posture

The **negligent** driver caused the accident by failing to stop at the red light.

epigenetic

adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

synonym: environmental, hereditary, inherited

(1) **epigenetic** inheritance, (2) **epigenetic** markers
Epigenetic research has opened up new possibilities for the treatment of certain diseases.

inherit

v. to receive money, property, or a title from someone after they have died

synonym: obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property

After his death, his sons **inherited** his business.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

Session 2: Spelling

- | | |
|--------------------------------------|--|
| 1. environmental det_____nt | <i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 2. ne___n cell body | <i>n.</i> a cell that is specialized to carry information within the brain and between the brain and other parts of the body |
| 3. 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 |
| 4. he was ov_____lmed with gratitude | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 5. anterior pi_____ry | <i>n.</i> a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones |
| 6. sit in a ne_____nt posture | <i>adj.</i> not being careful or giving enough attention to important matters |
| 7. ov_____lm opponents by numbers | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 8. neurons in the hip_____us | <i>n.</i> a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory |

ANSWERS: 1. determinant, 2. neuron, 3. amygdala, 4. overwhelm, 5. pituitary, 6. negligent, 7. overwhelm, 8. hippocampus

9. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
10. epi_____ic markers *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
11. en_____ne disorders *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
12. det_____te condition *v.* to become worse in quality; to decline or degenerate
13. mo_____ss during puberty *n.* a tendency to experience mood swings or to be easily affected by changes in mood
14. ov_____rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
15. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
16. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
17. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy

ANSWERS: 9. improvisation, 10. epigenetic, 11. endocrine, 12. deteriorate, 13. moodiness, 14. overwork, 15. irritable, 16. nurture, 17. restless

18. da___n the sound *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
19. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
20. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
21. epi_____ic inheritance *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
22. sy_____e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
23. en_____ne cell *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
24. ad_____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
25. in_____t ancestral property *v.* to receive money, property, or a title from someone after they have died
26. p_p company *n.* a young dog, seal, or other animals

ANSWERS: 18. dampen, 19. pituitary, 20. irritable, 21. epigenetic, 22. synapse, 23. endocrine, 24. adrenal, 25. inherit, 26. pup

27. da___n the enthusiasm *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
28. playful p_p *n.* a young dog, seal, or other animals
29. ad____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
30. pre____al region *adj.* in or about the foremost part of the frontal lobe of the brain
31. wr__k further damage *v.* to cause or bring about something, often as a result of harmful or destructive actions or events
32. excessive co____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
33. ne____nt behavior *adj.* not being careful or giving enough attention to important matters
34. in____t estate *v.* to receive money, property, or a title from someone after they have died
35. nu____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
36. involvement of the hip____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
37. det____te at a slow pace *v.* to become worse in quality; to decline or degenerate

ANSWERS: 27. dampen, 28. pup, 29. adrenal, 30. prefrontal, 31. wreak, 32. cortisol, 33. negligent, 34. inherit, 35. nurture, 36. hippocampus, 37. deteriorate

38. cause ha__c *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
39. am_____la damage *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
40. excite the ne____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
41. control your mo_____ss *n.* a tendency to experience mood swings or to be easily affected by changes in mood
42. end at a sy_____e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
43. die from ov_____rk *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
44. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
45. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
46. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 38. havoc, 39. amygdala, 40. neuron, 41. moodiness, 42. synapse, 43. overwork, 44. hypothalamus, 45. hypothalamus, 46. improvisation

47. wr__k a lot of changes *v.* to cause or bring about something, often as a result of harmful or destructive actions or events
48. 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
49. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
50. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
51. 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
52. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
53. play ha__c in the mind *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
54. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain

ANSWERS: 47. wreak, 48. Alzheimer, 49. restless, 50. cortisol, 51. Alzheimer, 52. determinant, 53. havoc, 54. prefrontal

Session 3: Fill in the Blanks

1. Schools should _____ children's mutual interest spirit.
 - v.* to take care of, feed, and protect someone or something while they are growing and developing

2. The _____ is crucial for learning and memory storage.
 - n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

3. _____ research has opened up new possibilities for the treatment of certain diseases.
 - adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

4. The virus has _____ havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.
 - v.* to cause or bring about something, often as a result of harmful or destructive actions or events

5. The little ___ was so cute, with big, floppy ears and a wagging tail.
 - n.* a young dog, seal, or other animals

6. The patient's health _____ rapidly after being diagnosed with the disease.
 - v.* to become worse in quality; to decline or degenerate

7. Lack of sleep can make me _____ and easily annoyed.
 - adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

ANSWERS: 1. nurture, 2. hippocampus, 3. Epigenetic, 4. wreaked, 5. pup, 6. deteriorated, 7. irritable

8. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
9. He _____ himself and ended up getting sick.
v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
10. After his death, his sons _____ his business.
v. to receive money, property, or a title from someone after they have died
11. The doctor ordered tests to check the patient's _____ function.
adj. relating to two glands situated above the kidneys, called the adrenal gland
12. 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
13. The _____ system regulates many bodily functions, including metabolism and growth.
adj. relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
14. Research shows that damage to the _____ cortex leads to increased aggression.
adj. in or about the foremost part of the frontal lobe of the brain
15. His _____ made it difficult for his coworkers to predict how he would react to things.
n. a tendency to experience mood swings or to be easily affected by changes in mood

ANSWERS: 8. neuron, 9. overworked, 10. inherited, 11. adrenal, 12. Alzheimer's, 13. endocrine, 14. prefrontal, 15. moodiness

16. Too much variety may _____ and confuse viewers.
- v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
17. 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
18. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
- n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
19. The _____ driver caused the accident by failing to stop at the red light.
- adj.* not being careful or giving enough attention to important matters
20. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
21. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
22. Animals transmit nerve impulses through _____.
- n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
23. The storm wreaked _____ on the town, causing widespread damage and power outages.
- n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events

ANSWERS: 16. overwhelm, 17. amygdala, 18. pituitary, 19. negligent, 20. determinant, 21. Cortisol, 22. synapses, 23. havoc

24. He created a beautiful piece of music using only _____.

- n.* the act of making something up on the spot or creating or performing something without preparation

25. Oxytocin is also produced in the nucleus of the _____.

- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

26. He felt _____ and constantly changed his postures.

- adj.* unwilling or unable to stay still or relax because you are worried and uneasy

27. The rain helped _____ the flames of the campfire.

- v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

ANSWERS: 24. improvisation, 25. hypothalamus, 26. restless, 27. dampen