

VOCABULARY LIST FROM "STRESSED OUT?"

- **academic** (*adjective*): relating to school or learning
- **activate** (*verb*): to make active or more active
- **addiction** (*noun*): a brain disorder or illness associated with compulsive (uncontrollable) behavior, such as drug use, despite negative consequences
- **adrenal gland** (*noun*): one of a pair of glands located near the kidneys that produces hormones, including adrenaline (epinephrine) and norepinephrine
- **adrenaline** (*noun*): a chemical hormone released in the body when a person feels afraid or threatened; also called epinephrine, it has many effects on the body including causing the heart to beat faster
- **aerobic** (*adjective*): involving oxygen
- **aerobic exercise** (*noun*): physical activity such as running that causes an increase in heart and breathing rates to increase the amount of oxygen that is delivered to muscles
- **anxiety** (*noun*): a feeling of fear or worry
- **bacterium** (*sing.*)/**bacteria** (*pl.*) (*noun*): a type of microscopic single-celled organism that sometimes causes disease in other living things
- **base** (*noun*): the lower part of an object that acts as a support
- **blood pressure** (*noun*): the force caused by the blood pressing against the blood vessels that carry blood through the body (arteries); high blood pressure is connected to a higher risk for heart disease
- **cell** (*noun*): the smallest unit that makes up a living organism. Some organisms are made of only one cell, but others, like humans, are made of trillions of cells.
- **chemical** (*noun*): a substance such as an element or a mix of elements (compound) that can occur naturally or be made by a chemical process
- **chronic** (*adjective*): occurring over a long period of time or repeatedly
- **circuit** (*noun*): a path between points over which signals can move
- **constant** (*adjective*): continually occurring without stopping
- **cope** (*verb*): to handle a problem successfully
- **cortisol** (*noun*): a chemical hormone produced and released in the body when a person experiences stress; it has many effects in the body including causing cells to produce glucose
- **depression** (*noun*): a condition in which a person feels sad and hopeless and may have difficulty concentrating and thinking
- **develop** (*verb*): to grow or cause something to become larger or more advanced
- **diabetes** (*noun*): a serious disease in which the body cannot properly control the amount of glucose in the blood
- **digestion** (*noun*): the process by which the body breaks down food into simpler chemicals that can be used by cells
- **disrupt** (*verb*): to stop the normal working of something
- **evolve** (*verb*): to change over time. Living creatures evolve through a process called natural selection, which helps each generation of a species to pass on genetic traits that are best suited to their environment
- **frequent** (*adjective*): happening often
- **gland** (*noun*): one of several organs in the body that make and release substances, such as hormones, into the body
- **glucose** (*noun*): a type of sugar found in nature, including in living organisms
- **heart disease** (*noun*): a condition in which the heart works abnormally
- **hormone** (*noun*): a chemical produced by cells and released into the bloodstream that has specific effects on the body
- **hyperactive** (*adjective*): extremely active or too active

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- **hypothalamus** (*noun*): the part of the brain important for controlling hormone release and regulating automatic processes such as sleep and hunger
- **impair** (*verb*): to damage or weaken something
- **impulsive** (*adjective*): doing something or tending to do something suddenly without careful planning or thought
- **meditation** (*noun*): the act or process of sitting quietly to relax the mind
- **migraine** (*noun*): a type of very bad, chronic headache
- **multitask** (*verb*): to do many things at one time
- **norepinephrine** (*noun*): a chemical hormone produced and released when the body is under stress; it has many effects on the body including increasing heart rate
- **obesity** (*noun*): a condition of being extremely overweight
- **organ** (*noun*): a structure in a plant or animal that performs a specific function, such as the brain or heart
- **perceive** (*verb*): to notice or become aware of something
- **pituitary gland** (*noun*): a gland that sits under the hypothalamus which produces and releases several hormones
- **pressure** (*noun*): the force produced when something pushes against something else
- **process** (*noun*): a series of actions taken in order to produce a certain result
- **psychological** (*adjective*): related to the mind and behavior
- **redirect** (*verb*): to change the path or direction of something
- **release** (*verb*): to allow out; to set free
- **similar** (*adjective*): almost the same as something else
- **stimulant** (*noun*): a chemical such as a drug that makes a person more active or energetic
- **strategy** (*noun*): a plan or method for reaching a certain goal
- **stress** (*noun*): a state of worry, anxiety, or tension caused by situations and problems in life
- **stress hormones** (*noun*): several chemicals produced and released in the body when a person feels threatened or afraid
- **surge** (*noun*): a sudden increase to a high level
- **technology** (*noun*): machines or equipment that are created or invented to solve problems or to do things more efficiently
- **temporarily** (*adjective*): for a limited time
- **tension** (*noun*): the physical condition of an object being stretched so that it becomes stiff; the emotional condition of being nervous or worried
- **threatening** (*adjective*): showing intention to cause harm
- **tissue** (*noun*): groups of cells that form the parts and organs in a plant or animal
- **toll** (*noun*): a cost
- **trigger** (*verb*): to cause something else to happen
- **withdrawal** (*noun*): the body's response when the presence of a drug to which it has adapted (gotten used to) is suddenly removed. Withdrawal symptoms can include pain, nausea, shaking, and anxiety