Dear Teacher,

The vocabulary list on the following pages is drawn from the “Stressed Out?” student article and work sheet.

This vocabulary can be previewed with students prior to reading or reinforced with students afterward. Encourage students to incorporate these words into their writing and discussion of the “Stressed Out?” student article and the “Stress Test” work sheet.

The vocabulary list integrates two different tiers of vocabulary words that would be used across several content areas, such as academic, strategy, and perceive, and domain-specific words, such as adrenaline, cell, and gland.

Some suggestions for students to help their understanding include:

• organizing concept maps that include word parts, synonyms, antonyms, and examples;

• composing memory aids that explain the words or use them in a meaningful context;

• employing the words to create newspaper articles, stories, or poems

Source: Definitions below are sourced or adapted from: Merriam-Webster’s Collegiate Dictionary.
• 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

[Continued on next page.]
VOCABULARY LIST FROM “STRESSED OUT?”

- **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