

# Vocabulary

## Vocabulary

*Study the vocabulary words and definitions below.*

- adrenaline** ..... a hormone the body releases that increases strength and alertness
- anticipate** ..... to expect something to happen or to look forward to something
- anxiety** ..... worry; fear or tension
- assertive** ..... to express your honest thoughts and feelings while respecting the thoughts and feelings of others
- consequences** ..... the results of a particular action or choice
- depression** ..... a disorder that includes feeling unhappy and hopeless
- environment** ..... surroundings
- frustrate** ..... to cause a lack of confidence or hope
- immune system** ..... system in the body that helps fight disease and infection
- psychological** ..... refers to the mind or emotions

# Vocabulary

**regulate** ..... to control or to adjust

**stress** ..... the body's response to any situation that makes a demand on it

**stressors** ..... events, situations, or surroundings that make a demand on the body

**suicide** ..... the intentional taking of one's own life

**techniques** ..... the skills used to accomplish a task or reach a goal