

### Vocabulary

Read the meaning of each word. Click on the icon next to the word and listen to the pronunciation

🔊 **Among.** Happening or being included as part of a group of people or things.

🔊 **Anxiety.** A medical condition in which you always feel frightened and worried.

🔊 **Average.** Typical and usual.

🔊 **Blood pressure.** The pressure of blood as it travels around the body.

🔊 **Burnout.** The state of having no energy or enthusiasm because of working too hard

🔊 **Exhaustion.** The state of being extremely tired.

🔊 **Insomnia.** The condition of being unable to sleep, over a period of time.

🔊 **Lack.** To not have or not have enough of something that is needed or wanted.

🔊 **Manage.** To succeed in doing or dealing with something.

🔊 **Meditation.** The act of giving your attention to only one thing, as a religious activity or as a way of becoming calm and relaxed.

🔊 **Psychologist.** Someone who studies the mind and emotions and their relationship to behaviour

🔊 **Rate.** The speed at which something happens or changes in a particular period.

🔊 **Reach out.** To try to communicate with a person or a group of people, usually in order to help.

🔊 **Task.** A piece of work to be done.

🔊 **Workload.** The amount of work to be done.