

Under the Lights Glossary

Term and Definition

A

anxious (adjective)
feeling worry or nervousness about something which may or may not happen

asthmatic (adjective)
suffering from asthma

awareness (noun)
concern or interest on a topic; to raise awareness is to educate people on a subject

axolotl (noun)
a Mexican salamander

aye-aye (noun)
a nocturnal Madagascan primate related to lemurs

C

Cognitive Behavioural Therapy (noun) a talking therapy which helps people to manage their problems by changing the way that they think and behave

communication (noun)
the successful sharing of ideas and feelings

D

depression (noun) a mental condition often involving feelings of sadness, guilt, a lack of energy and a disturbance of sleep and appetite

E

emotions (noun)
a strong and honest feeling, such as sadness, joy, fear

F

flash mob (noun)
a large gathering of people performing a sudden act in public and then dispersing, usually for the purposes of sharing on the Internet

G

Generalised Anxiety Disorder (noun) a mental condition involving severe worry or panic about a number of things

L

lyrics (noun)
the words of a song

M

medication (noun)
treatment using drugs or medicine

meditation (noun)
focusing one's mind for a period of time, sometimes in silence, for religious or spiritual purposes, or to relax

mental health (noun)
the state of a person's psychological and emotional wellbeing

mental illness (noun)
a condition which causes serious disorder in a person's behaviour or thinking



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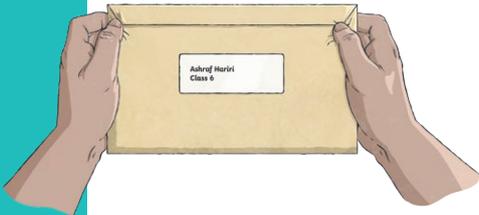
O

mindfulness (noun)
a therapeutic technique involving focusing awareness on the present, rather than the past or future

overwhelmed (verb)
to feel like something is too much or too strong to handle

P

panic attack (noun)
a sudden feeling of strong and disabling anxiety



S

sifaka (noun)
a large, noisy lemur which leaps from tree to tree

strategy (noun)
a plan of action designed to achieve an aim

T

strength (noun)
the emotional or mental qualities needed to deal with difficult or distressing situations

stress (noun)
a state of mental tension or pressure due to a difficult situation

suffocating (verb)
finding oneself unable to breathe properly

technique (noun)
a skilful or effective way of doing something

trapezium (noun)
a quadrilateral with one pair of parallel sides

V

vlogger (noun)
somebody who records a video blog for the Internet

W

wellbeing (noun)
the state of being healthy and happy

