**Glossary 5**

**Train the vocabulary here:** <https://quizlet.com/_b128zf?x=1qqt&i=488gw2>

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| --- | --- |
| to reduce stress/to destress | Снимать стресс |
| Workload (overload/underload) | Рабочая нагрузка (перегрузка/частичная нагрузка) |
| Poll | Опрос |
| Circumstance | Обстоятельство |
| Accomplishment | Достижение |
| Excess | Избыток |
| Output | Выработка |
| to pile up | Накапливать |
| to maintain | поддерживать |
| to recap | Подводить итог |
|  |  |
| insight | Понимание |
| trait | Черта, характеристика |
| Serenity, peace of mind | Спокойствие, душевное спокойствие |
| to keep records | Вести учет |
| to obtain | Получить |
| to be prone to | Быть склонным к чему-то |
| Not a viable option! | Не лучший вариант |
| merely | Просто, лишь, всего лишь |

**Description of some of the terms:**

|  |  |
| --- | --- |
| **Poll** | 1. study in which people are asked for their opinions 2. a way of discovering what someone knows |
| **Pile up** | 1. to increase in amount 2. unable to change or get away from a situation |
| **Maintain** | 1. to give someone something that they need 2. to continue to have |
| **Circumstance** | 1. a condition or fact that affects a situation 2. the action of keeping away from something |
| **Output** | 1. something obtained by calculation or investigation 2. the amount produced by a person in a given time |
| **Accomplishment** | 1. the successful achievement of a task 2. the expression of approval for someone |
| **Recap** | 1. sum up 2. keep it short |
| **Excess** | 1. be better than; surpass 2. an amount of something that is more than necessary |