



adjust – to change something slightly to improve it or make it more suitable.  
*He adjusted the seat to make it more comfortable.*

fiddle with – to make small, often unimportant changes to something, sometimes in a way that causes damage.  
*She kept fiddling with the remote, trying to make it work.*

spike – a sudden, sharp increase in something.  
*There was a spike in electricity usage during the heatwave.*

vicious cycle – a repeating situation where one problem causes another, worsening the original issue.  
*Debt and stress often create a vicious cycle.*

accelerate – to increase in speed or make something happen faster.  
*New technology has accelerated the pace of communication.*

uptick – a small increase or improvement.  
*The company noticed an uptick in sales after the promotion.*

drive – to strongly influence or cause something to happen.  
*Economic factors drive changes in housing prices.*

policy – a course of action adopted or proposed by an organization or government.  
*The school has a strict policy on attendance.*

underscore – to emphasize or highlight something.  
*The incident underscored the need for better security.*

low-carbon – involving reduced carbon dioxide emissions, often in relation to energy or products.  
*They invested in low-carbon technologies to combat climate change.*

amplify – to increase the strength or effect of something.  
*Social media can amplify public opinion on issues.*

challenging – difficult to achieve or deal with.  
*Learning a new language can be challenging but rewarding.*