

# Vocabulary Study

Burnout	<ul style="list-style-type: none"> <li>• <b>Burnout</b> A situation where you can't do anything as you are tired and stressed</li> <li>• <b>Burnout</b> فقدان شغف</li> </ul>
Exhausted	<ul style="list-style-type: none"> <li>• <b>Exhausted</b> Describing the feeling of being very tired مرهق جسديا</li> <li>• Exhaust (v) يرهق</li> <li>• Exhaustion (n) ارهاق</li> <li>• Exhausting (adj) مسبب للارهاق</li> <li>• Exhausted (adj) متعب</li> <li>• Exhaust (n) شكمان / عوادم السيارات</li> </ul>
Cope with	<ul style="list-style-type: none"> <li>• <b>Cope with</b> To deal with difficult situations or problems</li> <li>• Syn : deal with - handle - defy - face - approach : problems / illness / hardships / obstacles</li> <li>• Cope up with : keep up with / catch up with يساير / يجري</li> </ul>
Well-being	<ul style="list-style-type: none"> <li>• <b>Well-being</b> A contented state of being happy , healthy and prosperous / سعادة / سلامة / مرور</li> </ul>
Mental health	<ul style="list-style-type: none"> <li>• <b>Mental health</b> How a person thinks and the emotions they feel الصحة النفسية</li> <li>• <b>Physical health</b> the health of your body الصحة الجسدية</li> </ul>
Clear off	<ul style="list-style-type: none"> <li>• <b>Clear off</b></li> <li>• To leave a place quickly = evacuate يخلي مكان</li> <li>• Go away / dismiss / leave</li> <li>• Clarify يوضح</li> </ul>
Promote	<ul style="list-style-type: none"> <li>• <b>Promote</b></li> <li>• To tell people about something</li> <li>• To help something develop</li> <li>• Go up/move up / encourage / raise</li> <li>• Be given a better position at work</li> <li>• Promotion تشجيع / ترقية / ترويج</li> <li>• Promoted دعايا / عروض / ترقية / نشر</li> </ul>
Self care	<ul style="list-style-type: none"> <li>• <b>Self care</b> Taking care of your body and how you feel الرعاية الاجسديه</li> </ul>
Time management	<ul style="list-style-type: none"> <li>• <b>Time management</b> Organizing when you do things and for how long ادارة الوقت</li> </ul>
Improve	<ul style="list-style-type: none"> <li>• <b>Improve</b> means to make something better or to get better.</li> <li>• Improve (v) يحسن</li> <li>• Improvement (n) تحسين</li> <li>• Improvable (adj) قابل للتحسن</li> </ul>
Stress	<ul style="list-style-type: none"> <li>• <b>Stress</b> Continuous feelings of being very worried and scared about your life</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Stress</b> (n/v) ضغط / توتر</li> <li>• Stressful (adj) مسبب للتوتر</li> <li>• Stressed متوتر</li> <li>• Syn: pressure / tension / strain / force</li> </ul>
Frown	<ul style="list-style-type: none"> <li>• <b>Frown</b> To make an angry , unhappy or confused expression, moving your <b>eyebrows</b> مكشر</li> </ul>
Pout	<ul style="list-style-type: none"> <li>• <b>Pout</b> To push out your lower <b>lip</b> because you are annoyed or unhappy مبيوز</li> </ul>
Scold	<ul style="list-style-type: none"> <li>• <b>Scold</b> To angrily criticise someone , especially a child , about something they've done يوبخ</li> <li>• Syn : tell off / blame</li> <li>• Ant : encourage / praise</li> </ul>
Suppose	<ul style="list-style-type: none"> <li>• <b>Suppose</b> Used to say something is true , although you are uncertain about it.</li> <li>• Syn : think / guess / deduce / assume / allege</li> <li>• Suppose (v) يفترض</li> <li>• Supposed (adj) من المفترض</li> <li>• Supposition (n) افتراض</li> <li>• Suppose = if</li> </ul>
Alter	<ul style="list-style-type: none"> <li>• <b>Alter</b> To change</li> <li>• Alternation (n) تغيير</li> <li>• Alternative (adj) بديل</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• <b>Athletics</b> a group of sporting activities including running and jumping. It is an important part of the Olympics</li> <li>• Athletics (n) ألعاب القوى</li> <li>• Athletic (adj) رياضي</li> <li>• Athletes (n) لاعب ألعاب قوى</li> </ul>
Endorphins	<ul style="list-style-type: none"> <li>• <b>Endorphins</b> A chemical produced by your body to reduce pain and can make you happy</li> <li>• Endorphins هرمون السعادة</li> </ul>
Caffeine	<ul style="list-style-type: none"> <li>• <b>Caffeine</b> a substance in tea , coffee and other drinks that makes you feel active.</li> <li>• Caffeine الكافيين هرمون النشاط</li> </ul>
Hammer	<ul style="list-style-type: none"> <li>• <b>Hammer</b> a tool with a heavy piece of metal at the end of a long handle.</li> <li>• Hammer مطرقة</li> </ul>
Upset	<ul style="list-style-type: none"> <li>• <b>Upset</b> Unhappy and worried because something unpleasant has happened.</li> <li>• Upset (adj) sad / disappointed حزين</li> <li>• Upset (v) يحزن / يزعج</li> </ul>
suspect	<ul style="list-style-type: none"> <li>• <b>to suspect</b> To think that something is probably true , especially something bad.</li> <li>• Suspect (v) يشك</li> <li>• A suspect (n) مشتبّه فيه</li> <li>• Suspicion (n) الشك</li> <li>• Suspicious (adj) شكاك</li> </ul>

Proof	<ul style="list-style-type: none"> <li>• <b>Proof</b> an object or some information that something is true.</li> <li>• Proof (n) دليل / برهان</li> <li>• Proof (n) ضد / مضاد</li> <li>• Prove (v) يثبت / يبرهن</li> </ul>
Benefactor	<ul style="list-style-type: none"> <li>• <b>Benefactor</b> a person who gives someone money to help them improve their lives.</li> <li>• Benefactor (n) كفيل / راعي</li> <li>• Beneficient (adj) مساعد للغير</li> <li>• Beneficial (adj) خدوم</li> </ul>
Expectations	<ul style="list-style-type: none"> <li>• <b>Expectations</b> feelings that good things will happen توقعات</li> <li>• Expect (v) يتوقع</li> </ul>
from now on	<ul style="list-style-type: none"> <li>• <b>from now on</b> an action that starts at a specific opoint in time and continues into the future</li> </ul>
property	<ul style="list-style-type: none"> <li>• <b>property</b> A building that belongs to you ملكيه / عقارات</li> <li>• <b>property</b> = quality خصائص syn : belongings / possessions</li> </ul>
worth the effort	<ul style="list-style-type: none"> <li>• <b>worth the effort</b> Something that is useful or good but difficult to do يستحق</li> </ul>
my heart was set on	<ul style="list-style-type: none"> <li>• <b>my heart was set on</b> When you really want something or want to do something . يريد</li> </ul>
priority	<ul style="list-style-type: none"> <li>• <b>priority</b> something that is very important and must be dealt with before other things: اولوية</li> <li>• prioritise (v) يحدد اولويات</li> </ul>
diary	<ul style="list-style-type: none"> <li>• <b>diary</b> book in which you write down the things that happen to you each day مفكرة / مذكرة / يوميات</li> </ul>
basis	<ul style="list-style-type: none"> <li>• <b>basis</b> the most important facts, ideas, etc. from which something is developed اساس</li> <li>• bases اسس</li> <li>• Basic اساسي</li> <li>• Basically بصفة اساسيه</li> </ul>
impact	<ul style="list-style-type: none"> <li>• <b>impact</b> effect / effect / influence (on) يؤثر / تأثير / انطباع</li> </ul>
efficient	<ul style="list-style-type: none"> <li>• <b>efficient</b> working or operating quickly and effectively in an organized way</li> <li>• efficient (adj) كفاء</li> <li>• efficiency (n) كفاءة</li> <li>• efficiently (adv) بكفاءة</li> </ul>
contagious	<ul style="list-style-type: none"> <li>• <b>contagious</b> describes a disease that can be caught by touching someone with the disease or a piece of infected clothing معدي</li> </ul>
set	<ul style="list-style-type: none"> <li>• <b>set</b> يعد - يجهز - مجموعة - جهاز - غروب</li> <li>• Set up= install</li> <li>• Set on = decide</li> <li>• Set off = leave / start a journey</li> </ul>

# Vocabulary

• burnout	• الاحتراق النفسي	• control	• سيطرة / يتحكم	• Pout	• استياء
• exhausted	• منهك / متعب	• suffer from	• يعاني من	• suppose	• يفترض
• exhaustion	• إنهاك / تعب	• category	• فئة / صنف	• priority	• أولية
• cope with	• يتغلب علي	• tips	• نصائح - بقشيش	• counsellor	• مستشار
• well-being	• سلامة و سرور	• stressful	• موثر / مجهد	• stay up	• يسهر
• mental health	• صحة نفسية	• alarm	• منبه / إنذار	• skill	• مهارة
• improve	• يحسن	• urgent	• عاجل / ملح	• concentrate	• يركز
• promote	• يطور / يروج	• stretch	• يمتد	• external	• خارجي
• self care	• عناية ذاتية	• regular	• منظم	• internal	• داخلي
• manage	• يدير	• basis	• أساس	• factors	• عوامل
• management	• إدارة	• endorphin	• اندرو فين	• avoid	• يتجنب
• stress	• ضغط عصبي	• caffeine	• كافين	• perceive	• يدرك
• reason for	• سبب لـ	• snack	• وجبة خفيفة	• upload	• يحمل
• cause of	• سبب لـ	• position	• وضع	• download	• ينزل
• pressure	• ضغط	• deal with	• يتعامل مع	• impact	• يؤثر / تأثير
• amount	• كمية - مقدار	• consider	• يفكر / يعتبر	• affect	• يؤثر
• focus on	• يركز علي	• frown	• يتجهم / عبوس	• effect	• تأثير
• concentrate on	• يركز علي	• scold	• يوبخ / يعنف	• anxious	• قلق
• activities	• أنشطة	• adapt to	• يتكيف علي	• anxiety	• القلق
• set up	• يؤسس / يضبط	• adopt	• يتبنى	• worry	• يقلق
• Get together	• يتقابل	• go on	• يحدث / يستمر	• a poem	• قصيدة
• pour	• يصب	• efficiency	• كفاءة	• memo	
• dress	• يرتدي / فستان	• routine	• روتين	• trust	
• creation	• خلق	• relax	• يسترخي	• aware of	
• alter	• يتغير	• notice	• يلاحظ	• awareness	
• please	• يسر	• specific	• محدد	• efficient	
• face	• يواجه	• reaction	• رد فعل	• frustration	• إحباط
• frustrate	• يحبط	• fun	• مزاح	• identify	• يحدد

## Prepositions and phrases

• Set up	• يؤسس	• It is worth the effort	• تستحق المعاناة
• Focus on	• يركز علي	• My heart is set on	• قلبي متعلق بـ /
• Concentrate on	• يركز علي	• From now on	• من الان فصاعدا
• Put on	• يرتدي / يزيد وزن	• Secondary factors	• عوامل ثانوية
• Internal purification	• طهارة داخلية	• External purification	• طهارة خارجية
• Spread awareness	• ينشر الوعي	• Dress my wounds	• أضمّد جراحي
• Deal with	• يتعامل مع	• Cope with	• يتعامل مع موقف صعب
• Adapt to	• يتكيف علي	• Cope up with	• يساير / يجاري
• React to	• يستجيب لـ	• Suffer from	• يعاني من



## synonyms

• cope	• overcome	• يتغلب علي	• management	• organising	• إدارة
• exhausted	• very tired	• متعب جدا	• stress	• strain	• إجهاد
• promote	• develop	• يطور	• frown	• be unhappy	• يتجهم
• effect	• impact	• تأثير	• scold	• Tell off	• يعنف / يوبخ
• promote	• develop	• يطور	• react to	• respond to	• يستجيب لـ
• amount	• quantity	• كمية	• set up	• establish	• يؤسس
• focus on	• concentrate on	• يركز علي	• control	• dominate	• يسيطر
• at once	• immediately	• في الحال	• adapt to	• adjust to	• يتكيف علي
• deal with	• treat	• يتعامل مع	• external	• outside	• خارجي
• anxious	• worried	• قلق	• internal	• inside	• في الداخل
• Avoid	• evade / avert	• يتجنب	• alter	• change	• يغير
• trust	• confidence	• الثقة	• frustration	• disappointment	• إحباط

## Antonyms

• set up	• يؤسس	• demolish	• يهدم
• focus on	• يركز علي	• distract	• يصرف الانتباه / يشتت
• promote	• يرقى	• relegate	• ينزل الي مرتبة دنيا
• Internal	• داخلية	• External	• خارجية
• exhausted	• متعب	• relaxed	• مستريح
• scold	• يوبخ / يعنف	• praise	• يمدح
• under control	• تحت السيطرة	• out of control	• خارج عن السيطرة

## Language notes

» someone / everyone / somebody / everybody / nobody + ( فعل مفرد )

» Someone takes my mobile by mistake .

» Everyone is ready , aren't they ?

» spend + object + ing

» spend money ----- on

» He spent the night watching a violent film.

» She spent a lot of money on clothes.

» affect يؤثر علي » Smoking affects our health badly = ( impact / influence )

» effect تأثير » Smoking has a bad effect / impact on our health ( on)

( make / do )

» The decision you make is practical

» The homework you do is enough

» The revision she did benefited her

» Make a revision plan / timetable

» consider يفكر

» avoid يتجنب

» deny ينكر

» admit يعترف + ( ing )

» Avoid meeting him.

» The book sold 000 , 000 copies

» The book is sold in large quantities .

» He sets up his alarm clock

- »» Can we set up a new foundation
- »» He puts on his shoes
- »» Put on weight = gain weight
- »» My illness is the reason for your absence .
- »» reason with يجادل مع
- »» carelessness is the cause of the accident .
- »» cause يسبب
- »» advice ( لا تجمع ) نصيحة
- »» a tip ( تجمع ) نصيحة
- »» ( tips = pieces of advice )
- »» in the end , لا يأتي بعدها اسم
- »» at the end of اسم
- »» At the end of the film , the hero died
- »» amount كمية / مقدار = ( How much of something there is ) ( amount of money , time---)
- »» Try to reduce the amount of fat in your diet .
- »» a tiny amount of poison سم
- »» quantity كمية = ( a particular amount ) ( quantity of food , liquid .. ) ( في الوصف والتعليمات )
- »» Add the right quantity of milk .
- »» They buy the wood in large quantities,
- »» Promote ( يرقى / يطور / يروج / يعزز )
- »» my father has been promoted to a better job