

Vocabulary List for “ The Science of Stress ”



No.	単語・表現	意味	英英	例文
1	unprecedented	前例のない	never done or known before	The invention brought about unprecedented changes in society.
2	wealth	富	an abundance of valuable possessions or money	The country has vast wealth from its natural resources.
3	threat	脅威	a person or thing likely to cause damage or danger	Climate change is a major threat to biodiversity.
4	reproduction	繁殖	the production of offspring	Reproduction is essential for the continuation of a species.
5	industrialized	工業化された	having developed industries on a wide scale	The industrialized nations have higher standards of living.
6	ancestor	祖先	people from whom one is descended	Our ancestors adapted to a variety of environments.
7	confront	立ち向かう	face up to and deal with a problem or difficult situation	We need to confront the challenges ahead.
8	backfire	裏目に出る	have the opposite effect to what was intended	The plan backfired and caused more problems.
9	depressed	落ち込んだ	in a state of general unhappiness or despondency	She felt depressed after the bad news.
10	manage	管理する	be in charge of, administer, and control	It's important to manage stress effectively.
11	biological	生物学的な	relating to biology or living organisms	Biological processes are essential for life.
12	imminent	差し迫った	about to happen; impending	The storm's arrival was imminent.
13	adulthood	成人期	the state of being fully grown or mature	Reaching adulthood comes with many responsibilities.
14	cortisol	コルチゾール	a steroid hormone released in response to stress	High levels of cortisol can indicate stress.
15	venomous	毒を持つ	capable of injecting venom through a bite or sting	Venomous snakes pose a serious threat to humans.
16	algorithm	アルゴリズム	a process or set of rules to be followed in calculations or other problem-solving operations	The computer uses an algorithm to sort data.
17	temporary	一時的な	lasting for only a limited period of time	The temporary shelter provided immediate relief.
18	discomfort	不快感	slight pain or a feeling of unease	He felt discomfort after sitting for a long time.
19	circulating	循環している	moving continuously through a closed system or area	Blood is constantly circulating through the body.
20	primary	主な	of chief importance; principal	The primary goal is to reduce costs.

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21	predict	予測する	to say that something will happen in the future	The weather forecast predicts rain tomorrow.
22	outcome	結果	the results or effects of an action or event	The outcomes of the study were surprising.
23	substantial	かなりの	of considerable importance, size, or worth	The company made a substantial profit last year.
24	ancestral	祖先の	relating to or inherited from an ancestor	They visited their ancestral homeland.
25	sensitive	敏感な	quick to detect or respond to slight changes, signals, or influences	His skin is very sensitive to sunlight.
26	life-threatening	命にかかわる	potentially fatal	He was in a life-threatening situation after the accident.
27	circulate	循環する	move continuously through a system or area	Blood circulates through the body.
28	bloodstream	血流	the blood flowing through the circulatory system	The medicine is absorbed into the bloodstream.
29	instinct	本能	a natural or intuitive way of acting or thinking	Birds have an instinct to migrate.
30	intense	強烈な	of extreme force, degree, or strength	The heat was so intense that it was hard to breathe.
31	chronic	慢性的な	persisting for a long time or constantly recurring	He suffers from chronic back pain.
32	depression	鬱病	a mental health disorder characterized by persistently low mood	She was diagnosed with depression last year.
33	instinct	本能	a natural or intuitive way of acting or thinking	Birds have an instinct to migrate.
34	subconscious	潜在意識	the part of the mind that is not fully aware but influences actions and feelings	His subconscious fears affected his behavior.
35	transportation	交通	the action of transporting someone or something or the process of being transported	Public transportation in the city is very efficient.
36	disaster	災害	sudden events causing great damage or loss	Natural disasters like earthquakes can be devastating.
37	tragedy	悲劇	events causing great suffering, destruction, and distress	The tragedies of war affect millions of people.
38	inner peace	内なる平和	a state of mental and emotional calm	Meditation helps me maintain inner peace.
39	depressing	落ち込ませるような	causing a feeling of sad and hopeless	Watching the news can sometimes be depressing.
40	exceptionally	並外れて、例外的に	to a great extent; extremely	She is exceptionally talented in music.

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41	helpless	無力な	unable to take care of oneself or act without help	The injured bird was helpless on the ground.
42	thrived	繁栄した	grew or developed well	The business thrived after the new management took over.
43	cooperating	協力する	working together towards the same end	The teams are cooperating to complete the project.
44	social condition	社会的状況	the state of one's social relationships and status	His social condition improved after he joined the club.
45	social isolation	社会的孤立	the state of being separated from others	Social isolation can lead to feelings of loneliness.
46	anxious	不安な	experiencing worry or nervousness	She felt anxious before the exam.
47	expelled	追放された	forced to leave a place or organization	He was expelled from school for cheating.
48	capable	有能な	having the ability, fitness, or quality necessary to do something	She is a very capable engineer.
49	delusive	妄想的な	giving a false or misleading impression	His hopes of quick wealth were delusive.
50	undermine	損なう	weakens or damages something gradually	The scandal undermines public trust in the government.
51	excessively	過度に	to an extreme degree	He was excessively cautious about everything.
52	physiological	生理的な	relating to the way in which a living organism or bodily part functions	Stress causes various physiological changes in the body.
53	phenomenon	現象	a fact or situation that is observed to exist or happen	The northern lights are a natural phenomenon.
54	alteration	変化	changes or modifications	The alterations in his behavior were noticeable.
55	inhibition	抑制	the act of restricting or hindering a process	Fear can cause inhibition of movement.
56	persist	持続する	continues to exist; lasts	If the pain persists, see a doctor.
57	distract	注意をそらす	prevents someone from giving full attention to something	The noise distracts me from my work.
58	intervention	介入	the action of becoming intentionally involved in a difficult situation	Early intervention can improve the outcome.
59	moderate	適度な	average in amount, intensity, quality, or degree	Regular exercise can help maintain a moderate weight.
60	interpret	解釈する	explain the meaning of information or actions	It is important to interpret the data correctly.