

Vocabulary Words

Amygdala (a-myg-da-la)

The almond shaped part of the brain primarily associated with processing emotions often during stressful situations.

Anxiety (anx-i-e-ty)

A feeling of unease, worry, or nervousness, typically about something with an uncertain outcome.

Dependence (de-pend-ance)

The state of relying on or needing something for aid or support after a prolonged period of use.

Endocannabinoid system (en-do-can-na-bi-noid sy-stem)

A system in the brain that helps keep the brain and body in balance. It has three parts: endocannabinoids, cellular receptors, and enzymes.

Hippocampus (hip-po-cam-pus)

The area of the brain involved in memory, learning, and emotion.

Hypothalamus (hy-po-thal-a-mus)

The area of the brain that controls bodily functions such as body temperature, hunger, and thirst, and is involved in regulating sleep and emotions.

Limbic system (lim-bic sys-tem)

A group of interconnected brain structures that help regulate your emotions and behavior.

Mental health (men-tal health)

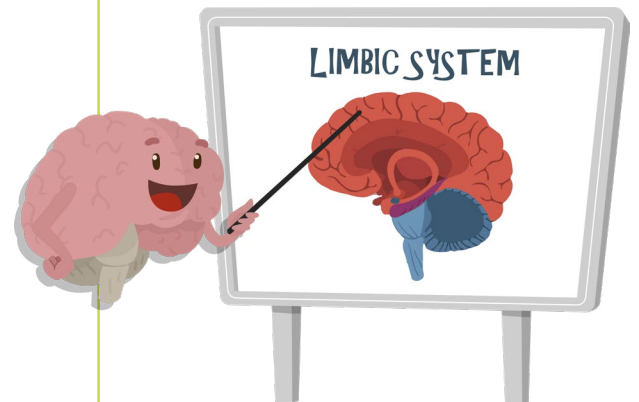
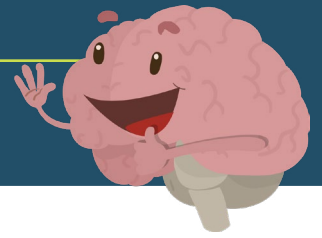
Includes our emotional, psychological, and social well-being.

Paranoia (par-a-noi-a)

A way of thinking that involves feelings of distrust and suspicion about others without a good reason.

Psychological (psy-cho-log-i-cal)

Relating to the mental and emotional state of a person.



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