

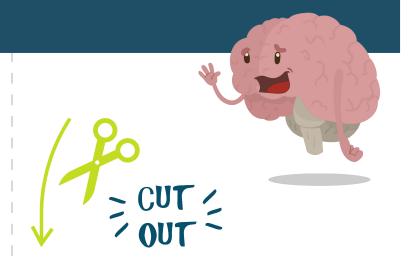
THE IMPACT OF ALCOHOL AND MARIJUANA ON YOUR MENTAL HEALTH

Mental Health

Vocabulary Words

Psychological

(psy-cho-log-i-cal)



Hypothalamus

(hy-po-thal-a-mus)

Hippocampus

(hip-po-cam-pus)

Amygdala

(a·myg·da·la)

Limbic system

(lim·bic sys·tem)

Mental health

(men·tal health)

Dependence

(de-pend-ance)

Vocabulary Words



Relating to the mental and emotional state of a person.

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

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

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

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

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

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

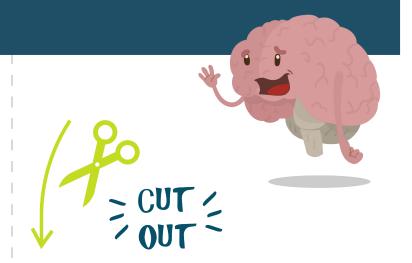


THE IMPACT OF ALCOHOL AND MARIJUANA ON YOUR MENTAL HEALTH Mental Health

Vocabulary Words

Endocannabinoid system

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



Anxiety

(anx·i·e·ty)

Paranoia

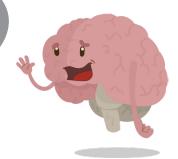
(par·a·noi·a)

Marijuana

(mar·i·jua·na)

Vocabulary Words

extla blacticel Erazhcalaz Eol Nze theze



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

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

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

A common word for the plant called "cannabis." Marijuana can be smoked, vaped, or ingested and contains high levels of THC, which can negatively affect the developing brain.