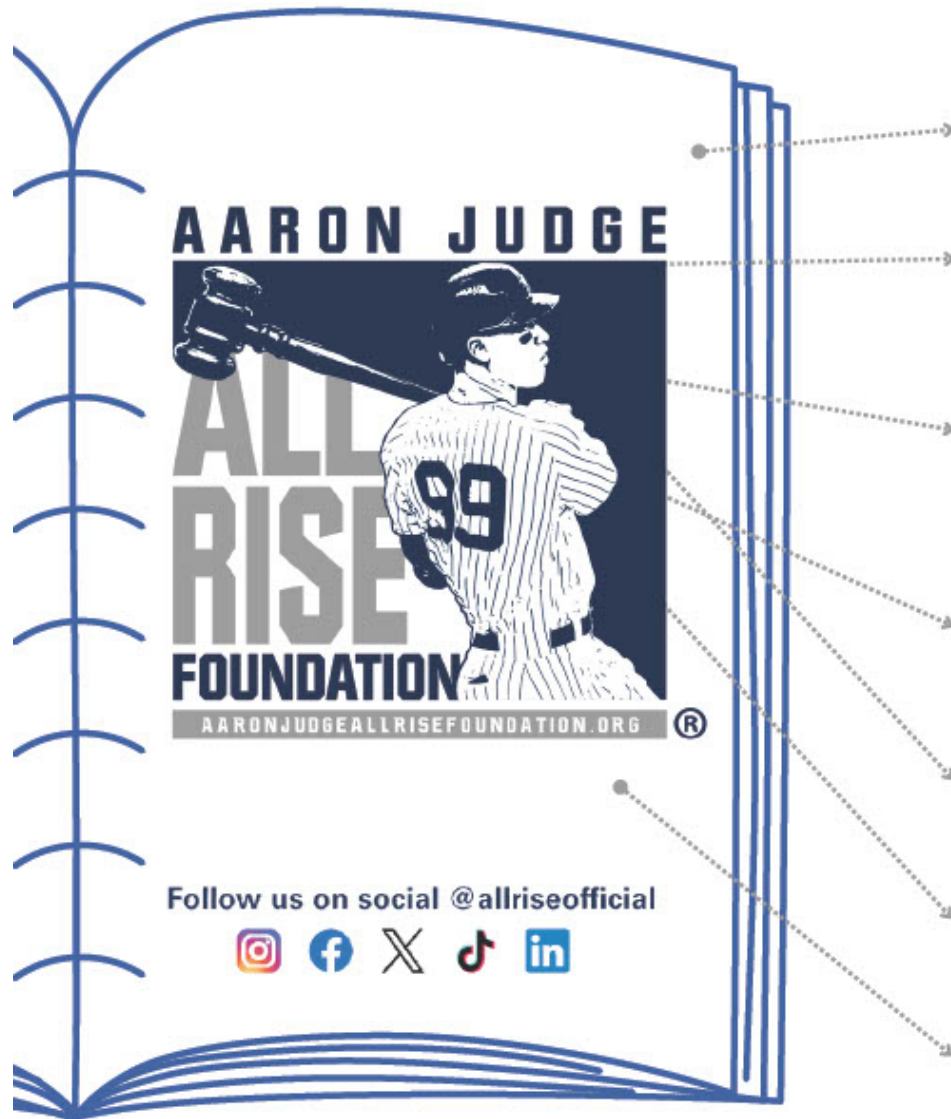


Vocabulary List



control

(verb) to exercise restraining or directing influence over; regulate

reaction

(noun) a response to some treatment, situation, or stimulus

mindfulness

(noun) the practice of maintaining complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

self-talk

(noun) talk or thoughts directed at oneself

manage

(verb) to work upon; to treat with care

emotion

(noun) a state of feeling, such as happiness, surprise, and fear

impact

(noun) a significant or major effect