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 | vital |  adj. | necessary  | ζωτικής σημασίας |
|  | build up |  v.  | accumulate)  | μαζεύομαι, συσσωρεύομαι |
|  | average |  adj.  | typical, normal  | συνήθης, μέσος |
|  | trend |  n.  | custom, fashion  | τάση, μόδα |
|  | expose |  v.  | reveal  | αποκαλύπτω, εκθέτω |
|  | hot on the heels |  expr.  | following close behind someoneΕιρήνη Κούσουλα | έχω κπ από κοντά |
|  | unprecedented | adjl.  | not seen before , | πρωτοφανής, πρωτόγνωρος |
|  | meteoric rise | expr.  | rapid and spectacular increase | ραγδαία αύξηση - άνοδος |
|  | causal |  adj.  | relating to cause  | αιτιώδης, αιτιακός |
|  | work both ways |  expr.  | to produce both positive and negative effects, perhaps simultaneously. | λειτουργεί αμφίδρομα |
|  | vicious cycle |  n.  | cycle of cause and effect  | φαύλος κύκλος |
|  | likelihood |  n.  | probability  | πιθανότητα |
|  | isolation |  n.  | being alone)  | μοναξιά |
|  | when it comes to |  expr.  | when considering some particular person, thing, or action | όσον αφορά |
|  | fundamental |  adj.  | basic, essential  | θεμελιώδης |
|  | engagement |  n.  | commitment, involvement | αφοσίωση, πίστη, δέσμευση |
|  | indicator |  n. |  |  |
|  | restful |  adj.  | relaxing | ξεκούραστος |
|  | slumber |  n.  | sign, indication | δείκτης |
|  | caution  |  n.  | carefulness  | προσοχή |
|  | emit |  v.  | give out, expel | εκπέμπω, βγάζω |
|  | inhibit |  v.  | constrain, repress  | περιορίζω, καταστέλλω |
|  | effectively |  adv.  | successfully, well  | αποτελεσματικά |
|  | nod off |  v. | fall asleep  | με παίρνει ο ύπνος |
|  | alluring  |  adj. | attractive, appealing  |  ελκυστικός, γοητευτικός |
|  | merry-go-round |  i.e | a cycle of activity that is complex, fast-paced, or difficult to break out of | γαϊτανάκι, κύκλος |
|  | interrelated  |  adj.  | connected to one another  | συσχετιζόμενος |
|  | at play |  i.e | active or existing as something to be consideredΕιρήνη ΚούσουλαΓελ Μεγαλοπολης | “στο παιχνίδι”, που εμπλέκονται |
|  | deprivation  |  n.  | state of being without  | στέρηση, απώλεια |
|  | worsen |  v.  | get worse  | χειροτερεύω |
|  | side-effect  |  n. | secondary effect  | παρενέργεια |
|  | obesity |  n.  | being fat  | παχυσαρκία |
|  | academic performance |  n. | relating to schools, colleges, and universities, or connected with studying and thinking | ακαδημαϊκές επιδόσεις |
|  | substance  |  n.  | matter, material  | ουσία |
|  | adversely |  adv. | negatively  | αρνητικά |
|  | adolescence |  n. | teenage years  | εφηβεία |
|  | critical |  adj.  | crucial, very important |  αποφασιστικής σημασίας |
|  | exacerbate | v. | intensify, worsen | χειροτερεύω, επιδεινώνω |
|  | in turn | i.e | one at a time  | με τη σειρά |
|  | drab | adj. | not colorful  | μουντός, άχρωμος |
|  | combat | v. | fight against  | μάχομαι |
|  | downside | n.  | disadvantage  | ελάττωμα, μειονέκτημα |
|  | moderation | n. | not excess  | αυτοσυγκράτηση, μετριοπάθεια |
|  | ring-fence | v. | to put restrictions on something | οριοθετώ |
|  | distance oneself from | v. | to become or seem less involved or connected with something |  αποστασιοποιούμαι από κτ/κπ |
|  | fluid situation | n. | a condition that is not fixed and is likely to change, often repeatedly and unexpectedly | ρευστή κατάσταση |
|  | bleed into  | phr.v | start to affect sth | επηρεάζω |
|  | buffer zone | n. | neutral zone between enemies  | ουδέτερη ζώνη |
|  | disorder | n. | disturbance  | αναταραχή ακαταστασία |
|  | excessive | adj. | too much  | υπερβολικός, υπέρμετρος |
|  | allocate | v. | distribute, share   | κατανέμω, διανέμω |
|  | puberty | n. | adolescence  | εφηβική ηλικία |