

impact (n): powerful effect / αντίκτυπος, επίπτωση

impact (v): to affect / επιδρώ, επηρεάζω

indicator (n): sign / δείκτης

inhibit (v): to prevent sth from happening / παρεμποδίζω

interaction (n): communication / διάδραση

interrelated (adj): closely connected and affecting each other / αλληλοσχετιζόμενος

keep (sb) up (adj): prevent sb from going to bed / κρατάω κάποιον ξύπνιο

keep up (phr v): to progress at the same rate as someone else / συναγωνίζομαι, ακολουθώ

likelihood (n): being probable / πιθανότητα

merry-go-round (n): carousel, roundabout / καρουζέλ

meteoric rise (phr): achieving success very quickly / ραγδαία άνοδος

moderation (n): quality of doing sth within reasonable limits / μετριοπάθεια

nod off (phr v): to fall asleep, especially not intentionally / αποκοιμιέμαι

obesity (n): being extremely fat / παχυσαρκία

post (n): message sent to a discussion group online / ανάρτηση, μήνυμα

potential (n): possibility / δυνατότητα

restful (adj): calm, relaxed / ξεκούραστος

ring-fence (v): to protect sth by putting restrictions on it / περιχαρακώνω

side-effect (n): unexpected result of a situation / παρενέργεια

slumber (n): sleep / ύπνος

substance (n): drugs / ναρκωτική ουσία

switch off (phr v): to stop thinking about sth / σταματάω να προσέχω

tech-free (adj): free of technology / χωρίς τεχνολογία

trend (n): general development or change in a situation / τάση, μόδα

unprecedented (adj): never having happened in the past / χωρίς προηγούμενο, ανεπανάληπτος

vicious circle (phr): situation in which one problem causes another problem which then makes the  
problem worse / φαύλος κύκλος

well-told (adj): skilfully told / ειπωμένος με ικανότητα, σωστός

work both ways (phr): to have equal advantages and disadvantages for everyone it involves / αμφίδρομα