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## **Burnout: a modern malaise**

职业倦怠：一种现代病

Burnout is a term easily tossed around, the way somebody might claim to be starving when they're simply hungry, or freezing when cold. That's harmless if a person is describing a tired day or week. But somebody who is actually burned out should be prepared to take serious action because it's a condition that needs attention.

职业倦怠是一个很容易被滥用的词，就像有些人仅仅在感到饥饿的时候会说自己要饿死了，或者在冷的时候会说自己冻僵了。如果一个人只是在描述劳累的一天或一周，那倒是无害的。但是一个真正对职业感到倦怠的人应该做好认真行动的准备，因为这种情况需要得到重视。

The big three symptoms are emotional exhaustion, cynicism and feeling ineffective, according to the Maslach Burnout Inventory (MBI), a survey designed to measure employee burnout in the workforce. Other symptoms can include frequent colds or sicknesses, insomnia and a tendency to alleviate stress in unhealthy ways, such as with too

much alcohol or online shopping.

一项旨在衡量员工工作倦怠程度的问卷调查——马勒诗职业倦怠量表（MBI）显示，职业倦怠的三大症状是：情绪衰竭、玩世不恭和成就感低落。其他症状可能包括经常感冒或生病、失眠以及倾向于用不健康的方式来缓解压力，比如过量饮酒或网购。

Part of the difficulty of pinpointing true burnout may be because burnout is a nonmedical term—at least in the United States. The Diagnostic and Statistical Manual of Mental Disorders doesn't list it as an illness. But other countries including France, Denmark and Sweden, do recognize burnout syndrome and consider it to be a legitimate reason to take a sick day from work.

真正的职业倦怠之所以很难判定，某种程度上是因为职业倦怠是一个非医学术语——至少在美国。《精神疾病诊断与统计手册》没有把它列为一种疾病。但包括法国、丹麦和瑞典在内的其他国家确实承认职业倦怠症，并认为这是休病假合理原因。

For those who suspect they might be on the road to burnout, there are practical tools to mitigate it. Among others: physical exercise, sleep and positive social connection (the real kind, not the Facebook kind). The importance of balance and self-care to prevent burnout likely isn't surprising to most.

对于那些怀疑自己有职业倦怠倾向的人来说，有一些实用的方法可以缓解这种状况。其中包括：体育锻炼、睡眠和积极的社交联系（是真实的社交联系，而非像 Facebook 那样的线上虚拟社交）。平衡好生活并照顾好自己，对预防职业倦怠是非常重要的，这一点在大多数人看来可能并不意外。

"There's nothing fancy about what it would take to turn things around," says Ziegler, the "Mommy Burnout" author. "But it's a huge shift in the cultural mind-set. That's the challenge."

“扭转职业倦怠的办法并不复杂，”《母亲倦怠》一书的作者齐格勒说道，“但这是个文化观念的巨大转变，这才是挑战所在。”

— Washington Post: From moms to medical doctors, burnout is everywhere these days

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## 重点词汇

**burnout**/'bɜːrnaʊt/: n. 精疲力竭；倦怠

相关词汇：burn out（火）熄灭；东西烧坏）

英文释义：the state of being extremely tired or ill, either physically or mentally, because you have worked too hard

**malaise**/mə'leɪz/: n. 身体不适；无法描述的问题

近义词：discomfort

英文释义：a general feeling of being ill or having no energy

英文释义：a discomfort that is difficult to explain or identify

例句：This is an economic malaise.

**toss around**: 抛出，提出（想法、建议或说法）

相关词汇：toss (v. (轻轻或漫不经心地) 扔，抛)

toss 英文释义：to throw something lightly or carelessly

toss 例句：He glanced at the letter and then tossed it into the bin.

英文释义：If you toss ideas, suggestions, or phrases around, you mention them and discuss them with other people.

**exhaustion**/ɪg'zɔ:stʃən/: n. 精疲力竭；疲惫不堪

英文释义：the state of being extremely tired

例句：As they approached the end of the marathon, the runners looked near exhaustion.

相关词汇：exhausted (adj. 感到精疲力竭的)；exhausting (adj. (某事) 让人感到精疲力竭)

例句：I've had an exhausting day./I'm exhausted after a busy day.

**cynicism**/'sɪnɪsɪzəm/: n. 愤世嫉俗；玩世不恭

相关词汇：cynic

cynic 英文释义：a person who believes that people are only interested in themselves and are not sincere

词根词缀：-ism (...主义，学说)

**alleviate**/ə'li:vieɪt/: v. 减轻；缓和，缓解

英文释义：to make something less severe

例句：A number of measures were taken to alleviate the problem.

**pinpoint**/'pɪnpɔɪnt/: v. 准确指出，确定

相关词汇：pin (n. 大头针)；point (v. 指向；瞄准)

搭配短语：pinpoint a location

例句：It is difficult to pinpoint the source of its inspiration.

**legitimate**/lɪ'dʒɪtɪmət/: adj. 合理的；正当的

近义词：valid; reasonable; fair

例句：Her resentment is quite legitimate.

**mitigate**/'mitigeɪt/: v. 使缓和；减轻（危害等）

近义词：alleviate

搭配短语：mitigate the storm's impact

词义辨析：mitigate, alleviate

mitigate 和 alleviate 意思相近，均可表示“减轻；缓和”。mitigate 更侧重减轻某事的强度或者力度，比如，减轻风暴造成的影响 mitigate the storm's impact。alleviate 指缓解某事，让它更容易承受，经常搭配的名词有 stress 压力，还有 pain 疼痛，例如，这些药物对减轻她的病痛没有丝毫作用：The drugs did nothing to alleviate her pain。

**mind-set**/maɪnd set/: n. 观念；思维模式

英文释义：a person's way of thinking

搭配短语：a conservative mindset