

# 幸福的关键是什么？ What's the key to happiness?

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Georgina.

我是乔治娜。

That's a big smile on your face, Georgina!

你笑得很开心啊，乔治娜！

You seem happy today!

你似乎今天很开心！

I am, Neil.

是的，内尔。

After all, what's the point in seeing the glass half empty?

毕竟看半杯水空的那一半有什么意义呢？

Ah, so you're someone who tries to see the glass half full - you generally look at things in a positive way.

啊，所以你是努力看到满的那一半的那类人咯 —— 你一般会积极地看待事物。

I hope so!

我希望如此！

It may seem strange to be discussing happiness in the middle of a global pandemic but right now feeling happy is more important than ever.

在全球疫情的背景下讨论快乐似乎有点奇怪，但是现在感到快乐比以往更重要。

Well then, it's lucky that happiness is the subject of this programme, Georgina.

好的，幸运的是本期节目的主题就是快乐，乔治娜。

And while many things seem to be out of our control just now, there are small things we can do to feel better about life... ..to feel less stressed, and maybe even a little happier. ....

尽管很多事情现在看起来好像失控了，但是我们还能做一些小事让我们对生活更有信心一点.....不觉得那么压抑，也许甚至觉得有点更开心。

You're talking like a Dane now, Georgina.

你说话的样子就像一个丹麦人，乔治娜。

Denmark, and in fact all the Nordic countries, are often listed as among the happiest places in the world.

丹麦，事实上所有的北欧国家，常常被列为世界上最幸福的地方。

You know what would make me happy, Neil? – asking me a really good quiz question.

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你知道什么能让我开心吗，内尔？ - 问我一个好问题。

OK. Well, did you know that every year the UN publishes its Global Happiness Survey revealing the happiest countries in the world?

好的。你知道每年联合国会发布全球幸福调查，揭晓全世界最幸福的国家吗？

It's based on factors like income, life expectancy and health.

它基于各项因素，例如收入、预期寿命和健康。

The Nordic countries often come in the top ten, but which country was rated the happiest in 2020?

北欧国家经常进入前十名，但是 2020 年哪个国家被评为最幸福国家呢？

Was it a) Iceland, b) Denmark, or c) Finland?

是 A。冰岛，B。丹麦，还是 C。芬兰？

Well, Neil, Denmark is famous for bacon, and nothing makes me happier than a bacon sandwich, so I'll say b) Denmark.

嗯，内尔，丹麦因为培根而出名，没有什么比培根三明治更让我幸福了，所以我要选 B。丹麦。

I like your thinking, Georgina!

我喜欢你的思考，乔治娜！

We'll find out the answer later, but you're certainly right to say that Denmark is considered one of the happiest countries in the world.

我们稍后会揭晓答案，但是你说丹麦被看做世界上最幸福的国家之一肯定没错。

Malene Rydahl, author of the bestselling book, Happy as a Dane, believes that aspects of Danish culture can help us improve our chances of happiness.

畅销书《像丹麦人一样幸福》的作者 Malene Rydahl 认为丹麦文化的一些方面能够帮助我们提升幸福的可能性。

Here she is explaining what happiness means for her to BBC World Service programme, The Conversation.

以下是她向 BBC 世界服务节目《对话》解释幸福对她而言是什么。

See if you can hear what she thinks.

看看你能不能听出她的想法。

Well, I think we should be seeking alignment and I think we should practise gratitude and I think we should be more conscious about how we relate to things that happen to us and how much we compare ourselves to others...

我认为我们应该寻求同盟，我认为我们应该练习感恩，我还认为我们应该更慎重地对待我们身边发生的事情与我们之间的联系，以及我们把自己与他人比较的程度.....

I do think that what we need to focus on is the quality of our relationships.

我真的认为我们需要关注的是人际关系的质量。

Did you hear Malene use the word alignment?

你听到 Malene 使用了同盟这个词吗？

She thinks there should be harmony between my true sense of who I am, what I think and how I relate to others.

她认为我对于自我的真实感知，我的想法和我与他人的关系之间应该和谐。

We should be in alignment, or in the correct relation, to those things.

我们应该与其它事物结盟，或者说有正确的关系。

Malene also thinks happiness comes from gratitude - feeling grateful and expressing thanks to other people.

Malene 还认为幸福来源于感恩 —— 感激他人并向他人表示感谢。

She recommends finding three things, no matter how small, to be grateful for every day.

她建议每天找出三件值得感激的事情，无论多小。

Like...getting a good night's sleep, drinking a hot coffee...and having this chat with you, Georgina.

例如.....睡了个好觉，喝了一杯热咖啡.....还有跟你聊天，乔治娜。

Thanks, Neil, that's put a smile on my face!

谢谢，内尔，这真的让我很开心！

It may sound strange but doing this every day can really boost your happiness levels.

这可能听起来很奇怪，但是每天这样做真的能够大大提升你的幸福水平。

Malene also warns against seeking happiness in external things, as you can hear in this chat with BBC World Service's, The Conversation.

正如你在 BBC 世界服务节目《对话》中听到的那样，Malene 还警告不要在外事物中寻求幸福。

If you seek happiness and you mistake it for pleasure, you will be running around like a little hamster in a wheel because it's never enough and because you will be very quickly the victim of the hedonic treadmill...

如果你寻求幸福并且把它错当成愉悦，你就会像一只轮子上的仓鼠那样奔跑，因为它永远不够，而且因为你会很快就成为享乐跑步机的受害者.....

And the hedonic treadmill is...you know, you want something, you think if you're more beautiful, if you get more power, if you get more money and fame and then you'll finally be happy.

享乐跑步机指的是.....你知道的，你想要什么东西，你认为如果你更漂亮，获得更多权力，获得更多名和利，那么你最终就会幸福。

And then you get it and you get like a small satisfaction.

然后你得到它了，但你只有一点满足感。

According to Malene, chasing external pleasures like money and fame will leave you feeling like a hamster on a wheel - like someone who's always busy but never accomplishes anything useful or finishes what they start.

根据 Malene 的说法，追求外部的愉悦，例如金钱和名利，会让你感觉像轮子上的仓鼠 —— 就像一个永远忙碌但从未达成有用的事情或完成他们开始的事情的人。

She also says it's easy to become a victim of the hedonic treadmill.

她还说这样很容易成为享乐跑步机的受害者。

This is the idea that humans adapt to whatever level of happiness they achieve.

这指的是人类会适应他们所获得的任何水平的幸福。

As we make more money, meet the perfect boyfriend or whatever we desire, our expectations also increase, so we never find the happiness we hoped we would!

当我们赚了更多的钱，遇到了完美男友或任何我们想要的东西，我们的期待也会增加，所以我们永远找不到我们希望中的幸福！

'Money can't buy happiness', as my grandma used to say.

就像我祖母过去常常说的那样，“金钱买不来幸福”。

Right. In fact, it's probably the quality of our relationships, not external objects, that gives satisfaction - the pleasure we feel when we achieve something we wanted to do.

没错。事实上，可能正是我们人际关系的质量，而不是外部事物，能够让我们满足 —— 我们在达成我们想要做的事情时感受到的愉悦。

Lots of useful tips there, Georgina, for feeling as happy as a Dane.

学到了多像丹麦人一样幸福的实用技巧，乔治娜。

A Dane, you say, Neil?

你说的是丹麦人吗，内尔？

So I got the correct answer?

所以我答对了？

In my quiz question I asked Georgina which Nordic country was rated happiest in the UN's 2020 global survey.

在我的问题中，我问乔治娜哪个北欧国家在联合国 2020 年全球调查中被评为最幸福的国家。

I guessed, b) Denmark.

我猜的是 B。丹麦。

But in fact, Georgina, it was...c) Finland.

但是事实上，乔治娜，答案是 C。芬兰。

I guess their bacon sandwiches are even better!

我想他们的培根三明治更棒吧！

OK, let's recap the vocabulary and start seeing the glass half full - looking at things in a positive way.

好的，我们来回顾词汇吧，先从看到玻璃杯满的一半开始 —— 以积极的眼光看待事物。

Happiness might be all about alignment - being in the correct relation to things.

幸福也许在于结盟 —— 跟事物有正确的关系。

Or gratitude - being grateful and giving thanks.

或者感恩 —— 心怀感激并表达感谢。

Feeling like a hamster on a wheel means you're always busy doing things but without getting satisfaction - the pleasant feeling of achieving something you really wanted to.

感觉像轮子上的仓鼠意味着你总是忙于做事而没有满足感 —— 达成你很想要的事情时的愉悦感受。

Finally, the reason happiness often escapes us may involve the hedonic treadmill - the human tendency to return to the same level of happiness after something very good or very bad has happened.

最后，幸福经常离我们而去的原因可能包括享乐跑步机——人类倾向于在非常好的或非常坏的事情发生后回到同样的幸福水平。

That's all for this programme.

这就是本期节目的所有内容。

We hope it's lifted your spirits and given you some useful vocabulary as well.

我们希望它让你们心情好了一点，并教会了你一些有用的词汇。

Remember to join us again soon for more interesting topics here at 6 Minute English.

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Bye for now!

再见！

Bye!

再见！

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