

## 你有多坚韧？ How resilient are you?

Hello, and welcome to 6 Minute English from BBC Learning English.

大家好，欢迎收听BBC学习英语栏目的六分钟英语。

I'm Rob.

我是罗伯。

And I'm Georgina.

我是乔治娜。

Now, Georgina, how resilient are you?

那么，乔治娜，你有多坚韧？

Resilient?

坚韧？

You mean able to cope with difficult situations.

你指的是能够应对各种困境。

I have a pile of work to do today, but I'm remaining calm and not getting stressed.

我今天又一大堆工作要做，但是我依然保持镇定并且不觉得有压力。

Well, that's good, you are showing resilience.

很好，你表现出了坚韧。

And today we're discussing whether we're born with resilience or we have to learn it.

今天我们要讨论我们是天生就有韧性还是要靠后天习得。

OK, Rob.

好的，罗伯。

But first I expect you're going to ask me a question—bring it on!

但是首先我想你要问我一个问题——问吧！

OK.

好的。

Resilience is also a word used in science to describe the characteristic of a substance or object.

韧性这个词还可以用于科学中来描述某个物质或物体的特质。

But what does it mean?

不过它是什么意思呢？

a) That it's very tough or hard, b) That it can return to its original shape after being bent, or c) It can turn from a solid into a liquid quickly? I have a feeling it means b) an object that returns to its original shape after being bent.

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A.指物体非常坚硬，B.指物体在弯曲之后能够恢复到原来的形状，还是 C. 指物体能够快速由固态变为液态？我感觉应该是 B. 指物体在弯曲之后能够恢复到原来的形状。

OK, I'll let you know if you were correct at the end of the programme.

好的，我会在节目结束的时候告诉你是否答对。

But let's talk more about human resilience.

我们再来聊聊人类的坚韧吧。

There are many self-help books and motivational speakers all promising us we can learn to be resilient.

有很多励志书籍和励志演讲者向我们保证我们能够学会坚韧。

Well, it is a useful trait to have, and it's something that can help you deal with many difficult situations from coping with the pressures of work to handling the death of a loved one.

嗯，这是一个很好的品格，而且它能够帮你应对很多困境，从处理工作压力到应对爱人的死亡。

And it's more than just telling someone to 'toughen up' or 'get a grip', as Dr. David Westley knows.

而且正如大卫·卫斯理博士所知，它不仅仅是告诉别人要“坚强”或“冷静一点”。

He is Head of Psychology at Middlesex University and talked about levels of resilience on the BBC World Service program, The Why Factor.

他是密德萨斯大学的心理学院院长，并且在BBC的全球节目《The Why Factor》中谈论了坚韧的几个层次。

First of all, there's our social supports, our communities, our families, the people who are important to us, the organizations we work for, so one way we can look at resilience is to measure that-the amount of social support available to us.

首先是我们的社会支持，我们的社区，我们的家人，对我们重要的人，我们为之工作的组织，所以我们研究坚韧的一种方法就是去测量我们能够获得的社会支持量。

Another way to think about resilience is to think about how we think about the situations we are in.

另一种思考坚韧的方式是思考我们如何看待我们所处的情景。

So, for example, one way to look at that would be just to look at how optimistic people are as a guide to how resilient they might be when times get tough.

比如，一个研究坚韧的方法就是将人们在困境中有多乐观当作他有多坚韧的一个指征。

And then a third level that we can look at for resilience is a biological level-how well we can soothe ourselves, calm ourselves down, how well we can actually regulate our own nervous systems at times of distress.

然后我们研究坚韧的第三个层面是生物层面——我们安抚自己，让自己冷静下来，我们处在痛苦之中时让我们的神经系统变得规律的能力。

Right, so Dr. Westley describes social supports-the people around us who we can talk to and support us and generally make us feel better.

好的，卫斯理博士解释了社会支持——我们身边可以与之聊天的人，能够支持我们，往往能够让我们感觉更好的人。

I think he's saying, with more support we'll feel more resilient.

我想他要表达的是，我们的支持越多，我们就能越坚韧。

It's interesting to note that a resilient person isn't necessarily someone quiet, who doesn't make a fuss and gets on with things.

有趣的是，一个坚韧的人并不一定是安静的人，不会大惊小怪，继续做事的人。

Some experts think it's people who ask for help and use this social support network who are acting in a more resilient way.

有些专家认为正是那些能够寻求帮助并且利用社会支持网的人才是更有韧性的人。

It's a good point.

这个观点很好。

And another level of resilience is how optimistic someone is.

坚韧的另一个层面是一个有多乐观。

Being optimistic means having positive thoughts about the future and believing things will turn out well.

乐观的意思是对未来抱有积极的想法，并且认为事情会好转。

A positive mind means you can deal with situations that, at first, look tough.

积极的思维指的是你能够应对那些乍一看很困难的情况。

Another level Dr. Westley mentioned was our biological level-how our bodies cope in times of distress.

卫斯理博士提到的另一个层面是生物层面——我们的身体应对痛苦的方式。

Distress is the feeling you get when you are worried or upset by something.

痛苦是你因为某事而担忧或郁闷时的感受。

So, when we're distressed, a resilient person is able to soothe his or her body and regulate his or her nervous system, which helps them stay calm.

所以当我们感到痛苦时，一个坚韧的人能够平复他的或她的身体，并且规律他的或她的神经系统，这样能够帮助他们保持镇定。

But, Rob, the big question is, are we born with resilience or can we learn it?

但是罗伯，最大的问题是，我们是天生就坚韧还是要靠后天习得呢？

Experts speaking on The Why Factor programme tended to think it could be learned.

在《The Why Factor》节目中发言的专家们倾向于认为它是可以习得的。

Yes, one of them is Ann Masten, a professor at the University of Minnesota.

是的，明尼苏达大学的教授安·马斯顿就是他们之一。

From her studies, she found it was something that we learn when we need to.

她从她的研究中发现坚韧是我们能够在我们需要它时学会的东西。

Ann Masten talks about how some of the children she studied manifest resilience from the start.

安·马斯顿谈论了她研究的一些孩子如何从一开始就展现出了坚韧。

When something manifests, it shows clearly and is easy to notice.

展现的意思是清楚地表现出来，并且容易察觉。

They remain resilient despite adversity—a difficult time in their life they've had to face.

尽管身处逆境——生命中不得不面对的困难时刻——他们依然保持坚韧。

Other children, what she calls the late bloomers, started off less resilient, struggled with adversity, but turned their lives around by becoming more resilient.

其他的孩子，被她称为大器晚成的人，刚开始的时候没那么坚韧，在逆境中挣扎，但是通过变得坚韧而让生活发生了转变。

Maybe we can learn resilience from having a bad experience?

也许我们能够从不好的经历中学会坚韧？

Well, one thing Ann went on to say was that families and friends can be a great support and help with resilience.

嗯，安接着说的一件事就是家人和朋友可能成为强有力的支持并且有助于培养坚韧。

Those that were 'late bloomers' only connected with adults and mentors later in life.

那些“大器晚成者”在之后的生活中只跟成年人和导师联系。

Yes, she says that teachers or parents are role models in how to handle adversity.

是的，她说老师或家长是如何应对逆境的榜样。

And children are watching; they're learning from the adults around them by seeing how they react when they get challenged by something.

孩子们在观察，他们通过观察身边的成年人在面对挑战时如何反应来学习。

Time now to find out how resilient you are when you discover the correct answer to the question I asked earlier.

现在该看看我揭晓我之前问你问题的正确答案时你有多坚韧了。

I said that 'resilience' is also a word used in science to describe the characteristic of a substance or object.

我说“坚韧”这个词还用于科学中，描述某个物质或物体的特质。

But what does that mean?

但是它是什么意思呢？

Is it a) It is very tough or hard, b) It can return to its original shape after being bent, or c) It can turn from a solid into a liquid quickly?

是A.指物体非常坚硬，B.指物体在弯曲之后能够恢复到原来的形状，还是C.指物体能够快速由固态变为液态？

And what did you say, Georgina?

你说的是什么，乔治娜？

I said it was b) It can return to its original shape after being bent.

我说的是B.指物体在弯曲之后能够恢复到原来的形状。

And you are right—well done!

你答对了——干得漂亮！

Bamboo is a good example of a resilient material-you can bend it, it doesn't break and returns to its original shape.

竹子就是一个韧性材料的很好的例子——你可以把它折弯，它不会断，反而会恢复成原来的形状。

Thanks for the science lesson, Rob.

谢谢你的科学课，罗伯。

Now we need to recap the vocabulary we've mentioned today.

现在我们要回顾我们今天提到的词汇了。

Yes, we've talked about being resilient, an adjective that describes someone's ability to cope with difficult situations.

是的，我们谈到了坚韧的，这个形容词描述的是某人能够应对困境的能力。

When you do this you show resilience.

如果你做到了，那么你展现出的就是坚韧。

Someone who is optimistic has positive thoughts about the future and believes things will turn out well.

乐观的人对未来抱有积极的想法，并且相信事情会很顺利。

Distress is the feeling you get when you are worried or upset by something.

痛苦指的是你因某事而担心或郁闷时的感受。

When something manifests itself, it shows clearly and is easy to notice.

如果某事不言自明，那么它展现地很清晰，并且容易察觉。

And adversity is a difficult time in somebody's life that they have had to face.

逆境指的是某人生命中不得不面对的困难时刻。

And that brings us to the end of this discussion about resilience.

我们今天关于坚韧的讨论就到此结束了。

Please join us again next time.

请务必再次收听我们。

Bye-bye.

再见。

Bye.

再见。