

气候变化让你焦虑吗？ Dose climate change make you anxious?

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是罗布。

And I'm Sam.

我是萨姆。

When we talk about climate change, we usually talk about the effects on the planet, or the economic consequences.

提到气候变化时，我们常常谈论它对地球或经济的影响。

But all the damage being done by climate change is also having an effect on our minds, our mental health.

但气候变化带来的所有灾害也在影响我们的精神状态和心理健康。

Fires, heatwaves, floods, hurricanes, droughts... the list of climate emergencies goes on and on, and sometimes it all feels like doom and gloom – an idiom describing a situation that is very bad and without hope.

火灾、热浪、洪水、飓风、干旱……各种气候突发事件不胜枚举，有时就像世界末日。“doom and gloom”是一个俚语，形容情况非常糟糕、前景暗淡。

This worry is leading to mental health problems, not just for the unfortunate people who experience climate events first-hand, but for us all.

这种担忧引发了心理健康问题，不仅是亲身经历气候事件的可怜人，我们所有人都是这样。

In this programme, we'll meet one expert who's investigating the link between climate change and mental health problems and hoping to find some solutions.

在本期节目中，我们将认识一位专家，他正研究气候变化和心理健康问题之间的联系，希望能找到一些解决方法。

And, as usual, we'll be learning some new vocabulary along the way.

而且，像往常一样，我们将学习一些新的词汇。

But before that I have a question for you, Sam.

但在此之前我有个问题要问你，萨姆。

The 2021 UK census reported that three quarters of adults in Britain are worried about the impact of climate change, and it's a worry that's shared by the young.

2021年英国人口普查显示，四分之三的英国成年人担心气候变化的影响，年轻人也有同样的担忧。

According to a survey by Greenpeace, what percentage of young people worldwide say they feel worried about climate change?

根据绿色和平组织的一项调查，全球有多少年轻人对气候变化感到担忧？

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Is it a) 74 percent? b) 84 percent? or c) 94 percent?

是 a) 74%? b) 84%? 还是 c) 94%?

I think the figure will be high among young people, so I'll say b) 84 per cent.

我认为应该有很多年轻人关心，所以我选 b) 84%。

OK, Sam, we'll find out if that's the correct answer later in the programme.

好的，萨姆，我们稍后会在节目中公布答案。

The expert I mentioned earlier who's investigating this problem is Dr Gesche Huebner, senior researcher at University College London.

我之前提到的研究这个问题的专家是伦敦大学学院的高级研究员格舍·许布纳博士。

Here Dr Huebner explains to BBC World Service programme, The Climate Question, what she's been finding out.

许布纳博士在BBC世界服务栏目的《气候问题》节目上介绍了自己的研究成果。

I think we have very clear evidence that, for example, hot temperatures - heat waves - are leading to an increased risk of suicide and also other adverse mental health effects.

有证据表明，气候问题对人的心理健康有不利影响。比如，高温天气提高了自杀几率。

We also have pretty good evidence that, for example, experiencing a natural disaster - storms, flooding - are linked to negative mental health outcomes such as post-traumatic stress disorder or other anxiety issues.

也有证据表明，风暴、洪水等自然灾害与受灾民众的消极心理之间有某种联系，可能会引起创伤后应激障碍或其他焦虑情绪。

Many people who experience a climate change event like flooding suffer from post-traumatic stress disorder, often shortened to PTSD, a serious mental health disorder that can develop after a very bad experience like war, or natural disasters like a flood or fire.

许多经历过洪水等气候事件的人都患有创伤后应激障碍，简称为PTSD,是一种严重的精神障碍，可能会在遭受灾难性事件之后产生，比如战争，或是洪水、火灾等自然灾害。

But according to Dr Huebner, even people without direct experience can suffer anxiety issues about what the future holds for our planet.

但许布纳博士说，即使是没有经历过灾难性事件的人也会对地球的未来感到焦虑。

This is known as climate anxiety, sometimes called climate doom – a low-level feeling of nervousness or worry about the consequences of climate change.

这叫作气候焦虑，有时被称为气候末日，是对气候变化的一丝紧张或担忧。

These mental disorders are different in terms of how intense they feel, but Dr Huebner describes them both as adverse – having a harmful or negative effect.

这些精神障碍的症状轻重不一，但许布纳博士统称它们为不利的心理状态，即它们都有害或有负面的影响。

In all this doom and gloom, it's easy to forget that many of the things which are good for fighting climate change are also good for mental health.

沉浸在悲观的情绪里，人们很容易忘记，许多有利于抗击气候变化的东西也有利于心理健康。

Here's Dr Huebner again, talking with BBC World Service's, The Climate Question, this time focussing on positive things which can be done to help.

在BBC世界服务栏目的《气候问题》节目中，许布纳博士还讲到了改善这些消极情绪的方法。

For example, if we get fossil fuel vehicles off the road we can improve the air quality, and we know that per se can be good for mental health.

例如，如果我们不再使用燃烧化石燃料的汽车，我们就可以改善空气质量，这本身就可以改善心理健康。

If we change our road infrastructure to enable more walking and cycling, again we have fewer fossil fuel being burned but also, we know that walking and cycling are very good for mental health.

如果我们改变道路结构以容纳更多人步行、骑行，那么就少燃烧一些化石燃料，而且我们也知道，步行和骑行对心理健康非常有好处。

If we can change our road layout and create more urban greenspaces, we already know that green and blue spaces are good for mental health.

如果我们能改变道路布局，开辟更多城市绿化空间，这更多的绿色和蓝色的风景将有利于我们的心理健康。

Activities like walking and cycle reduce fossil fuels and improve air quality, but they are also good per se – a Latin term meaning 'in and of itself'.

像散步和骑自行车这样的活动减少了化石燃料的燃烧，改善了空气质量，而且它们本身就是好的。“per se”是拉丁语，意为“本身”。

Walking is good for climate reasons, but also good in itself – per se.

步行对气候有益，而且它本身“per se”也是好的。

Dr Huebner also recommends more urban greenspaces – open areas for parks, plants and wildlife which are built into the design of towns and cities.

许布纳博士还建议在城市里建设更多绿化空间，即为公园、树木和野生动物预留的区域。这是城镇设计的一部分。

With creative thinking like this, it may still be possible for today's young people to have a planet worth living for.

有这样的创新思维，日后地球或许还能容纳子孙后代居住。

Speaking of which, Sam, it's time to reveal the answer to my question.

说到这，萨姆，是时候揭晓问题的答案了。

Yes, you asked what percentage of young people worldwide report feeling anxious about climate change.

是的，你问我全世界有多少年轻人对气候变化感到焦虑。

I guessed it was 84 percent.

我猜是84%。

Which was the correct answer! Well done!

回答正确！厉害！

It's a high percentage which is not surprising considering that it's future generations who will live with the consequences of what we do, or fail to do, today.

这是一个很高的比例。但考虑到我们所作所为的后果将由子孙后代承担，这并不令人惊讶。

OK, let's recap the vocabulary we've learned from this programme about climate anxiety – feelings of distress caused by worrying about climate change.

好了，让我们回顾一下本期词汇。“climate anxiety”是指因担心气候变化而产生的焦虑情绪。

The idiom 'doom and gloom' describes the feeling that a situation is very bad and without hope.

俚语“doom and gloom”，形容情况非常糟糕，没有希望的感觉。

Post-traumatic stress disorder or PTSD is a serious mental illness that can develop as a result of a very bad experience, like a war or natural disaster.

“post-traumatic stress disorder”或PTSD是一种严重的精神疾病，灾难性的经历可能会导致发病，比如战争、自然灾害。

The adjective adverse means having a harmful, negative effect.

形容词“adverse”的意思是有有害的、有负面影响的。

The Latin phrase per se, means 'in itself' and is used when considering the qualities of something on its own, not in relation to something else.

拉丁语“per se”的意思是“本身”，指某物自身的性质，与其他事物无关。

And finally, urban greenspaces are areas in towns and cities which are reserved for parks, trees and wildlife.

最后，“urban greenspaces”是指城镇中为公园、树木和野生动物预留的区域。

Once again, our six minutes are up!

我们的六分钟又到了！

Bye for now! Bye bye!

下期再见！拜拜！
