

自然的平复之力 The calming power of nature

Hello, this is 6 Minute English.

大家好，这里是六分钟英语。

I'm Neil.

我是内尔。

And I'm Georgina.

我是乔治娜。

Georgina, what do you do to cheer yourself up?

乔治娜，你用什么方法让自己打起精神？

Having a walk usually helps-especially if it's in the countryside.

散步通常比较有用——尤其是在乡村散步。

Yes, being in all the green open space can certainly help us relax and de-stress-getting back to nature can be a tonic when you're feeling down.

是的，处在被绿色环绕的开阔空间里当然会帮助我们放松和减压——当你郁闷的时候回到大自然就像是一剂奎宁水。

A tonic is something that makes you feel happier and healthier.

奎宁水指的是能够让你更快乐健康的东西。

I'll drink to that!

我要喝！

Me too.

我也是。

But connecting with the natural world is particularly beneficial to people with mental health issues such as clinical depression.

但是跟自然世界连接对于那些有例如临床抑郁症这样的心理健康问题的人来说尤为有益。

And it's something that's being called 'ecotherapy'.

而这就是所谓的“生态疗法”。

More on that in a moment, but here's a question for you to answer, Georgina.

稍后再聊这个问题，但是现在有一个问题需要你回答，乔治娜。

OK, Neil. Fire away.

好的，内尔。快问吧。

Well, seeing or even hugging trees is a form of therapy, but how high is the world's tallest tree thought to be?

嗯，看树甚至是拥抱树是一种治疗形式，但是世界上最高的树被认为有多高？

Is it a) 65.8 metres, b) 115.8 metres, or 185.8 metres?

是 A. 65.8米, B.115.8米, 还是185.8米呢？

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Georgina, any ideas?

乔治娜，有头绪吗？

Not a clue-but let's go for the highest figure of 185.8 metres.

完全没头绪——不过就选最大的那个数字，185.8米吧。

Are you sure?

你确定？

Well, we'll have to wait until the end of the programme to find out.

好的，我们得等到节目结束的时候才能知道答案。

Now, the mental health charity, Mind, describes ecotherapy as a formal type of treatment which involves doing outdoor activities in nature.

心理健康慈善组织Mind将生态疗法描述为一种正式的治疗类型，它包含在大自然中进行户外活动。

However, there's not one simple definition, it just relates to doing activities outdoors.

然而并不存在一个简单的定义，它只是跟做户外活动有关。

Yes, it can involve doing many things, such as outdoor yoga or horticulture-another name for gardening.

是的，它包含做很多事情，比如户外瑜伽或园艺——gardening的另一个名字。

It doesn't involve taking medication, but instead it just develops a person's relationship with nature.

它不包含吃药，相反地它只培养一个人跟大自然的关系。

It's something Patricia Hasbach knows a lot about.

帕翠西亚·哈斯巴克对这颇有了解。

She's a clinical psychotherapist and told the BBC Radio programme Health Check how ecotherapy can help.

她是一名临床心理治疗师，并且在BBC的电台节目《健康检查》中告诉人们生态疗法如何起作用。

Does she say it can help everyone?

她说这种疗法能帮助所有人吗？

I often think about ecotherapy as another tool in the therapist's toolbox.

我经常将生态疗法看做治疗师工具箱中的另一样工具。

It's not a panacea. It's not going to erase somebody's pain or grief.

它并非什么灵丹妙药，无法消除某人的痛苦或悲伤。

But it is a powerful tool, you know.

但它是一个强大的工具，你知道的。

Traditionally therapy has stopped at the urban boundary.

传统意义上来看，治疗被限制在城市中。

So it's interesting that she describes ecotherapy as a tool-something that can be used to achieve something else.

所以他将生态疗法描述为一种工具这一点很有趣——工具指的是能够用来达成其它事物的东西。

Here it can be used to help improve someone's mental health.

在这里它可以用来改善某人的心理健康。

Ah, but she says it's not a panacea-so not something that will solve everything-it won't erase or get rid of someone's pain.

啊，但是她说它并非万灵药——所以并不是能够解决一切问题的东西——它不会消除或清除某人的痛苦。

But going beyond what she calls the 'urban boundary', and into the natural world, means there is another method for helping people.

但是走出她所说的“城市边界”，然后进入自然世界意味着存在另一种帮助人们的方法。

Now, as we've mentioned, ecotherapy can take many forms-doing art in a forest or running on a beach are all therapeutic.

正如我们之前提到的那样，生态疗法有很多种形式——在森林里进行艺术创作或者在沙滩上跑步都是有疗效的。

They're things that makes you feel better or healthier.

它们是能够让你感觉更好更健康的東西。

Well, I think that's clear, but what is it about the outdoors that affects us? - A good question, Georgina.

嗯，我想这就很清楚了，但是户外到底能够影响我们什么呢？ - 好问题，乔治娜。

It seems from research that our busy brains are always on guard, but when we get into nature it gets a break, there's not so much to be on the lookout for and we can relax.

从研究来看，似乎我们忙碌的大脑总是保持戒备的，但是当我们进入大自然，它就会稍事休息，没有那么要在意的东西，我们就可以放松了。

Well, it does seem the negative symptoms of urban life can benefit from a dose of nature-a dose is an amount of something.

嗯，似乎城市生活的负面症状能够通过一剂自然得到缓解——一剂指的是一定量的东西。

Let's get a good explanation from an expert.

我们来听听一位专家的解说吧。

Environmental psychologist Birgitta Gatersleben also spoke to the BBC Health Check programme and gave two reasons-one of them, she explained, was something called 'biophilia'.

环境心理学家博济塔·盖特斯里本也在BBC电台的节目《健康检查》中发了言，并且给出了两个原因——她解释其中一个原因是一个叫做“生物自卫”的东西。

Biophilia, very briefly, is really an innate positive response that people have with life and life-like features.

生物自卫，简单来说就是一种人们对于生命和类生命特征的与生俱来的积极响应。

The idea that nature reminds us of life, and if we are exposed to the natural elements then our sort of negative feelings get almost immediately replaced with positive emotions.

自然的概念让我们想起生命，如果我们接触自然元素，那么我们的一些消极情绪就会几乎立刻被积极的情绪取代。

Birgitta Gatersleben there explaining biophilia—which is a passion for or empathy with the natural world and living things.

博济塔·盖特斯里本解释了生物自卫——它是一种对于自然世界和有生命的东西的热情或共情。

She said biophilia is innate, which means it's a quality that you're born with.

她说生物自卫是与生俱来的，也就是说是你出生时就带有的特质。

So basically, most of us were born to connect with nature—nature reminds us of life and gives us good, positive emotions.

所以基本上我们大部分人天生就会跟自然产生联系——自然让我们想起生命，并赋予我们良好的，积极的情绪。

Naturally.

这是自然的啦。

OK. Well, Georgina, maybe getting today's quiz question right will give you positive emotions.

好的，乔治娜，也许答对今天问题的答案会让你有正面的情绪。

Earlier I asked you how high the world's tallest tree is thought to be.

之前我问你世界上最高的树被认为有多高。

Is it a) 65.8 metres, b) 115.8 metres, or c) 185.8 metres?

是 A. 65.8米， B.115.8米， 还是 C. 185.8米？

What did you say?

你说的是什么？

I said c) 185.8 metres. - Oh dear, I'm afraid that's far too high!

我说的是 C. 185.8米。 - 哦，天呐，恐怕没有那么高。

The correct answer is 115.8 metres.

正确答案是115.8米。

Never mind.

别在意。

The tree, named Hyperion, is a type of redwood and was found in California in 2006. Well, that's still very tall, and would be great to see.

这棵叫做Hyperion的树是一种红木，于2006年发现于加利福尼亚。嗯，还是很高的，要是能看到也很棒。

Now we've just got time to recap some of the vocabulary we've discussed, starting with tonic, which can be a fizzy drink you mix with an alcoholic drink, but in the context of therapy it can mean something that makes you feel happier and healthier.

现在我们该回顾我们之前讨论的一些词汇了，先从奎宁水开始，指的是跟酒精饮品混合在一起的带气泡的饮品，但是在治疗的语境中，它指的是能够让你更快乐健康的东西。

Horticulture is the study or activity of growing garden plants - in other words, gardening.

园林艺术指的是种植花园作物的研究或活动——也就是园艺。

A panacea is something believed to solve everything.

万灵药指的是被认为能够解决一切事情的东西。

If something is therapeutic, it makes you feel better or healthier.

如果某物是有疗效的，那么它会让你感觉更好或更健康。

We also discussed biophilia, which is a passion for or empathy with the natural world and living things.

我们还讨论了生物自卫，指的是对于自然世界和有生命物体的热情和共情。

And innate means a quality that you naturally have—you're born with it.

与生俱来的指的是你天生就有的品质——你出生的时候就带有的。

Well, as you know, I have an innate quality for presenting this programme—but now it's time to go.

好的，如你们所知，我天生就爱主持这个节目——但是现在该结束了。

Please join us next time, and don't forget to check us out on your favourite social media platform, on our app and of course the website bbclearningenglish.com.

请收听我们下一期的节目，别忘记在你最喜欢的社交平台、APP，当然还有我们的网站**bbclearningenglish.com**上查看我们。

Goodbye.

再见。

Bye!

再见！