

职场中的心理健康 Mental health in the workplace

Hello. This is 6 Minute English. I'm Neil.

大家好，这里是六分钟英语。我是内尔。

And I'm Georgina.

我是乔治娜。

In this program we're focusing on the topic of mental health at work.

本节目中我们要讨论职场心理健康的话题。

Yes, it's an issue that can be difficult to see.

是的，这是一个可能会难以察觉的问题。

If someone has an injury, like a broken leg or a serious medical issue, it's obvious, and we can understand what's happening.

如果某人受伤了，比如腿断了，或者有严重的健康问题，这是很明显的，并且我们能够知道发生了什么。

With mental health issues, though, there's no physical sign and people who are experiencing difficulties maybe don't get the same understanding as people who have medical problems.

然而心理健康问题是没有外在的迹象的，并且经历这些困境的人们也许不会像那些有普通健康问题的人获得来自他人的理解。

It's a topic that has been getting more publicity recently, particularly as members of the British royal family have been talking about it.

这个问题最近变得越来越公开化了，尤其当英国的皇室成员也在讨论它。

Also, awareness is raised through events such as World Mental Health Day.

与此同时，人们对这件事情的关注也通过像世界心理健康日这样的活动而提升。

And that is the topic of our quiz.

而这也是我们问题的主题。

World Mental Health Day is held every year on October 10th.

世界心理健康日每年于10月10日举行。

It aims to raise awareness of mental health issues and their effects on people's lives.

其旨在提升对心理健康问题及其对人们生活的影响的关注。

In what year was it first held?

它最早是在那里一年举行的？

Was it A. 1992, B. 2002 or C. 2012?

是 A. 1992年，B. 2002年，还是 C. 2012年？

What do you think, Georgina?

你怎么看，乔治娜？

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I don't know—I think it will be older than 2012, but as old as 1992?

我不知道——我想应该在2012年之前，但是是1992那么就之前吗？

I don't know.

我不知道。

I'm gonna go with 2002. OK. Well, I'll have the answer later in the programme and we'll see if you're right.

我要选2002年。好的，我会在稍后的节目中揭晓答案，到时候我们就知道你是否答对了。

Mental health problems are very difficult personally for those who suffer from them, and they also have an impact on businesses.

心理健康问题对于那些遭受这些的人来说是很困难的，而且它们对商业有影响。

Paul Farmer is head of the mental health awareness charity Mind.

保罗·法默是心理健康意识资产机构Mind的领导。

He spoke on the BBC World Service Business Daily programme about this.

他在BBC的世界服务节目《每日商业》中谈论了这个问题。

How much does he say it costs businesses in the UK?

他说它每年在英国造成了多少商业代价？

We know that the cost of failing to address mental health in business is colossal.

我们知道无法解决心理问题所带来对的商业代价是巨大的。

In the UK, it costs between 33 and 42 billion pounds a year, about \$50 billion dollars, and round about 300,000 people fall out of work every year as a result of poor mental health.

在英国，每年的花费在330亿到420亿英镑，大约是500亿美元，并且约30万人每年因为糟糕的心理健康而失业。

So that's a huge cost to workplaces and to individuals.

所以这对于职场和个人来说都是巨大的损失。

Behind those numbers, though, are the lives of talented, able, contributors who often just slide away from the workplace because they don't get the right help and support for their mental health.

不过这些数字的背后是有才能、有能力的贡献者的生活，他们因为没能获得适当的帮助和支持改善他们的心理健康而离开工作岗位。

What figures did Paul Farmer give there?

保罗·法默给出了什么数据？

He gave the figure of about between 33 and £42 billion—which is about \$50 billion dollars.

他给的数据是330亿到420亿英镑之间——这大约是500亿美元。

That's a lot of money!

这可是一大笔钱！

It is—in fact he called it colossal.

确实——事实上他把这称之为巨大的。

This adjective means huge-really, really big.

这个形容词的意思是庞大的——非常非常大。

This is the cost to business he says of failing to address the mental health issue.

他说这是无法解决心理问题而造成的商业代价。

Failing to address means ignoring or not dealing with the problems.

无法解决的意思是无视或不解决问题。

It leads to staff leaving work, and he says these people are contributors, they give something to the business in terms of their skill and experience.

它会导致员工离职，而且他说这些人是贡献者，从他们的技术和经验来看，他们对商业做了些贡献。

And because of mental health issues, which could be addressed but aren't, those contributors are being lost to the business.

并且由于本可以解决却未解决的心理健康问题，这些贡献者是商业的损失。

So it costs companies more money to recruit and train new staff, and you can't always replace the experience that is lost.

所以它让公司花费更多的钱来招募和训练新员工，而你不能取代的是损失的经验。

Let's listen again.

我们再听一遍他的话吧。

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In recent years it seems as if there has been more understanding of mental health issues, not just in the workplace but in society as a whole.

最近几年对于心理健康问题的理解程度似乎变高了，不仅仅是在职场，而是整体社会。

Geoff McDonald is a campaigner for the organisation Minds at Work.

杰夫·麦当劳是Minds at Work这个组织的活动家。

He spoke on the Business Daily programme about one way that things are getting a little better.

他在《每日商业》节目中谈论了事情在稍微好转的一个方面。

I think what's really changed is people telling their stories, and the more stories that we tell, it kind of begins to normalise this.

我认为真正改变的是人们讲述他们的故事，并且我们讲述的故事越来越多，可以说它让这个问题正常化了。

Every single story that we tell is like sending a lifeboat out into the ocean and the millions and millions of people who are suffering in silence, do you know what they do?

我们讲述的每一个故事就像送往大海的救生船，而那些数以百万计的正在默默痛苦的人，你知道他们会怎么做吗？

They cling on to that lifeboat and they realise they're not alone and they might just be normal.

他们会抓住救生船，然后意识到他们并不孤单，并且他们也许很正常。

So, because more people are talking about this issue, it begins to normalise it.

所以，因为更多的人在讨论这个问题，所以它让这个问题正常化了。

This means it becomes 'normal'.

这个词的意思是它变得“正常”了。

It's not unusual, strange or hidden.

它并非不同寻常，奇怪或秘而不宣。

There are people who suffer in silence—they keep to themselves and hide their problems from others, but because there is more publicity about this topic, they can begin to feel that they are not alone and they don't have to suffer in silence.

有人在默默痛苦——他们把问题藏在心里，并且不告诉他人他们的问题，但是因为这个话题越来越公开了，他们开始感觉他们并不孤单，并且他们没必要默默痛苦。

People sharing their stories are like lifeboats for those who do suffer in silence.

分享他们故事的人们对于那些默默痛苦的人来说就像救生船一样。

In this metaphor they can cling onto the lifeboats.

在这个隐喻中，他们可以抓住并爬上救生船。

Right, we're going to have another look at our vocabulary, but first let's have the answer to the quiz.

是的，我们要再来看看今天的词汇了，但是首先要回答今天问题的答案。

When was the first World Mental Health Day?

第一次世界心理健康日是什么时候？

Was it A. 1992, B. 2002 or C. 2012?

是 A. 1992年，B.2002年，还是 C. 2012年？

Georgina, what did you say?

乔治娜，你说的什么？

I thought it was 2002. It was actually earlier—1992. Now, a review of our vocabulary.

我想是2002年。其实要更早——1992年。现在来回顾我们的词汇。

Failing to address is a phrase that means ignoring a problem or not trying to help with a problem.

无法解决这个短语的意思是无视一个问题或不努力解决一个问题。

Something colossal is very, very big.

如果某物巨大，那么它非常非常大。

A contributor is someone who has something to give, who is a positive benefit to, in this case, a business.

贡献者指的是有东西要给予的人，在这里指的是对于商业来说是一个正面的益处。

Then we have the verb to normalise, meaning to make something normal.

然后我们说到了动词正常化，意思是使某事变得正常。

Someone who suffers in silence, doesn't talk about their problems and may hide them from others.

默默痛苦的人不会谈论他们的问题，并且可能会隐瞒他人。

And finally, if you cling on to something, you hold on to it tightly, you don't want to let it go.

最后，如果你抓住某事，那么你紧紧地抓着它，你不想让它走。

And that's all from us from this programme.

这就是本期节目的所有内容。

We look forward to your company again soon.

我们期待你们的再次陪伴。

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Bye!

再见！
