

## 006 Mental Health In The Workplace

While there is a growing **focus** on mental health in the workplace, there are fewer **resources** and support **available** to those running small businesses.

There are many reasons people choose to have their own business being their own boss, working on something they love, being able to set their own hours, or having some control over whom they work with. Yet the reality many small business owners face is far less **attractive**-financial stress, long working hours and unclear **boundaries** between work and family life. And all of these factors can **have a huge impact on** their mental health.

Leanne Fawkner is a business owner of an award-winning skin-care range(系列产品)She knows very well the impact that a small business can have on, the mental health of its owner. When her successful business struggled due to the **global** financial **crisis**, she **suffered** a lot mentally. "As business slowed, I was more and more **affected**, "she says. "I couldn't **separate** myself from my business. It was the worst experience of my life. I could no longer go to work and was crying all day ?"

Fawkner was **diagnosed** with **depression**. She had to take several months off work. Fortunately, her husband was able to keep things going while Fawkner was **recovering**. She saw a counselor (咨

询师)for help and took part in a workplace mental health promotion program. This program was designed for small to medium business owners.

"The stories on the DVD in the program were so helpful. I was crying because I didn't feel so alone. " For Fawkner, small business owners are overlooked. While employees in larger organizations often have access to employee assistance programs, small business owners are struggling on their own.

## 一、单词&词组预习

focus ['foukəs] n. 聚焦; 焦点; 中心

resource ['ri:sɔ:rs,ri'sɔ:rs] n. 资源, 财力

available [ə'veɪləbl] adj. 可以的; 可获得的

attractive [ə'træktɪv] adj. 吸引人的; 有魅力的

boundary ['baundri] n. 边界; 范围; 分界线

global ['gləʊbl] adj. 全球的

crisis ['kraɪsɪs] n. 危机; 危险期

suffer ['sʌfər] vt. 遭受; 忍受

affect [ə'fekt] vt. 影响

separate ['seprət] v. (使) 分离, 分开; 隔开

diagnose [ˌdaɪəg'nəʊs] vt. 诊断; 断定

depression [dɪ'preʃn] n. 抑郁症



recover [rɪ'kʌvər] vt. 恢复

promotion [prə'mouʃn] n. 提升; 促进

overlook [ˌoʊvər'lʊk] vt. 忽视

employee [ɪm'plɔɪi:] n. 雇员

organization [ˌɔ:rgənə'zeɪʃn] n. 组织; 机构

assistance [ə'sɪstəns] n. 援助, 帮助

Mental Health [ˌmentl 'helθ] [心理] 心理健康

have a huge impact on 有巨大的影响

take part in 参加, 参与

have access to [hæv 'ækses tu] 有权利; 能够使用

on one's own 独自地; 靠自己地

## 二、单词&词组详解

1. focus ['fəʊkəs] n. 聚焦; 焦点; 中心

记忆: focus=foc (=fire 火) +us (名词后缀) →钻木取火要聚焦于一点

释义: You use focus to refer to the fact of adjusting your eyes or a camera, telescope, or other instrument, and to the degree to which you can see clearly



Let's just focus on what she meant to you.

让我们聚焦于她对你意味着什么。

2.resource ['ri:so:rs,ri'so:rs] n. 资源, 财力

记忆: resource=re (重复) +source (资源) →资源

释义: A country's resources are the things that it has and can use to increase its wealth, such as coal, oil, or land





That's what they call a renewable resource.

这就是他们所说的可再生资源。

3.available [ə'veeɪləbl̩] adj. 可以的；可获得的

记忆：available=a (=to 去) +vail (=veil 面纱) +able (形容词后缀)

→去揭开面纱的引申为可以的

释义：If something you want or need is available, you can find it or obtain it



I want every available drone in pattern over that road.

我要所有可用的无人机在那条路上待命。

4.attractive [ə'træktɪv] adj. 吸引人的；有魅力的

记忆：attractive=at (=to, 去) +tract (=drag 拖拉, tractor) +ive (形容词后缀) →去将某人拖来即吸引人的

释义：having features or qualities that make sth seem interesting and worth having



This is a bar, you are an attractive woman.

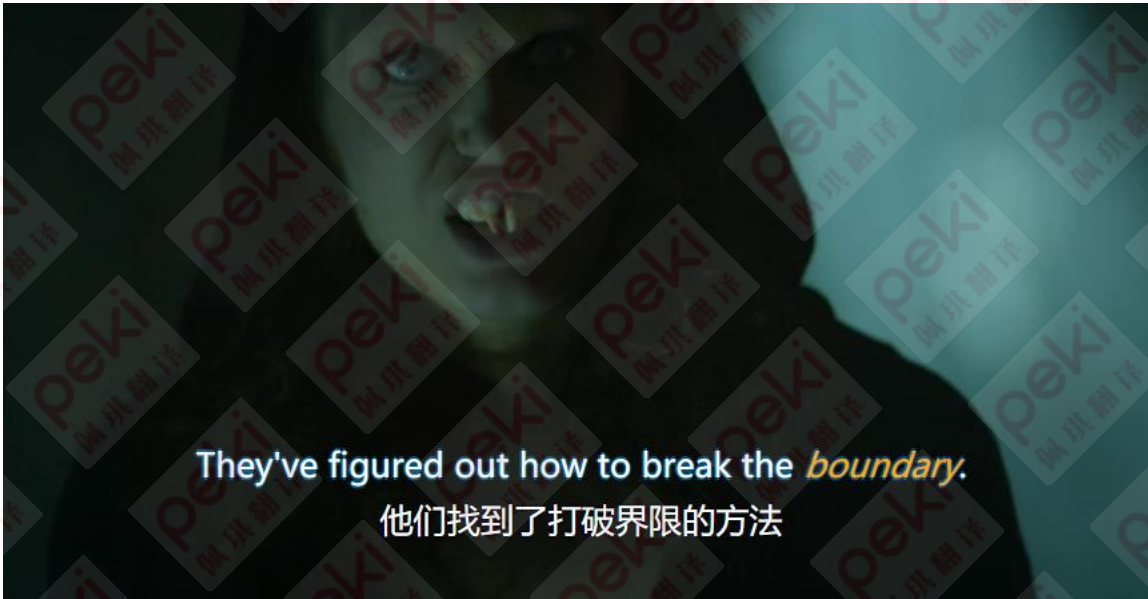
这是酒吧，你是一个有魅力的女人。

5.boundary ['baʊndri] n. 边界；范围；分界线

记忆：boundary=bound（弹）+ary（名词后缀）→弹回来说明是有界限的

释义：a real or imagined line that marks the limits or edges of sth and separates it from other things or places; a dividing line





They've figured out how to break the boundary.  
他们已经想出了打破界限的办法。

6.global ['glɒbl] adj. 全球的

记忆: global=globe (球) +al (表形容词) →全球的

释义: covering or affecting the whole world



There is a risk of a global meltdown of the global financial system.

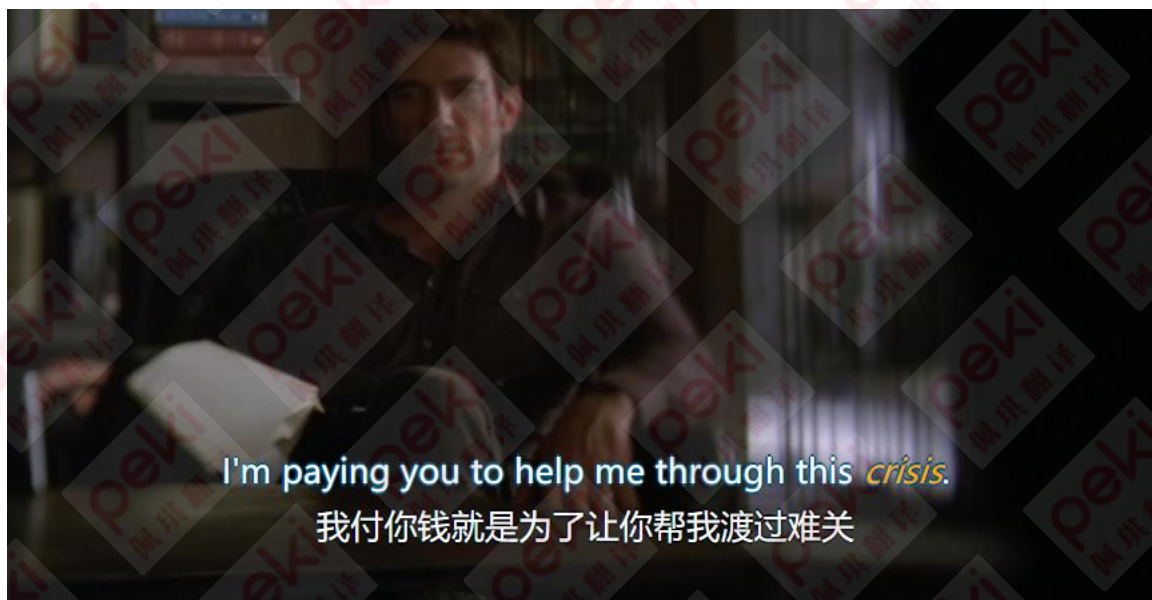
全球金融体系存在全球性崩溃的风险。

7.crisis ['kraɪsɪs] n. 危机；危险期

记忆：crisis=cris（生死攸关 critical）+is（名词后缀，analysis 分析）

→危机

释义：a time of great danger, difficulty or confusion when problems must be solved or important decisions must be made



I'm paying you to help me through this crisis.

我付钱让你帮我度过难关。

8.suffer ['sʌfər] vt. 遭受；忍受

释义：to experience sth unpleasant, such as injury, defeat or loss



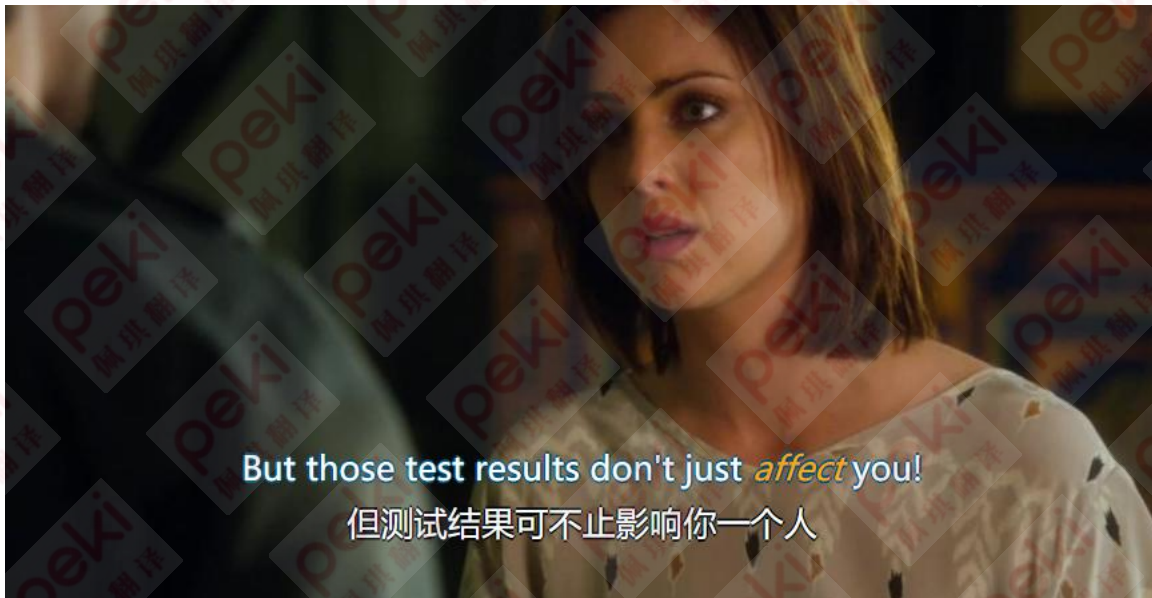


Another 20 million will suffer a slow, agonizing death.

另有 2000 万人将经历缓慢而痛苦的死亡。

9.affect [ə'fekt] vt. 影响

释义: to produce a change in sb/sth



But those test results don't just affect you!

但是这些测试结果不仅会影响你!

10.separate ['seprət] v. (使) 分离, 分开; 隔开

记忆: separate=se (切) +par (=part) +ate (动词尾缀) →切开后成一部分即分开

释义: to move apart; to make people or things move apart

We separated into several different search parties.

我们分成几个搜索小组。

11.diagnose [ˌdaɪəgˈnoʊs] vt. 诊断; 断定

记忆: diagnose=diag (距离) +nose (鼻子) →隔着距离的闻即诊断

释义: to say exactly what an illness or the cause of a problem is



Ma'am, the doctor can't diagnose you over the phone.

夫人, 医生不能通过电话给你诊断。



## 12.depression [dɪ'preʃn] n. 抑郁症

记忆：depression=de（向下）+press（压）+ion（名词后缀）→向下压引申为压抑，抑郁症

释义：a medical condition in which a person feels very sad and anxious and often has physical symptoms such as being unable to sleep, etc



Debra Acklin has been diagnosed with severe depression.

黛布拉·艾克林被诊断出患有严重的抑郁症。

## 13.recover [rɪ'kʌvər] vt. 恢复

记忆：recover=re（重新）+cover（罩住）→重新罩住→恢复

释义：If you recover a mental or physical state, it comes back again.  
For example, if you recover consciousness, you become conscious again



The rest of your senses will recover naturally.

你的其他感官会自然恢复。

14.promotion [prə'mouʃn] n. 提升；促进

记忆：promotion=pro（前）+motion（=move 运动）→向前运动即促进

释义：activity that encourages people to believe in the value or importance of sth, or that helps sth to succeed

The Association sought to show that the restrictions in the agreement were indeed indispensable to the promotion of technical or economic progress.

该协会试图表明，协定中的限制对促进技术或经济进步确实是必不可少的。



15.overlook [ˌoʊvərˈlʊk] vt. 忽视

记忆：overlook=over（越过）+look（看）→越过去看→忽视

释义：to fail to see or notice sth



How did you overlook turning on the video equipment?

摄像设备没打开，你怎么就没注意到呢？

16.employee [ɪmˈplɔɪi:] n. 雇员

记忆：employee=employ（雇用）+ee（表被动）→被雇用的人即雇员

释义：a person who is paid to work for sb





I imagine you have an employee in mind.

我想你心里已经想道某个雇员了。

17.organization [ˌɔ:rgənə'zeɪʃn] n. 组织；机构

记忆：organization=organ（器官）+i+ation（名词后缀）→组织

释义：a group of people who form a business, club, etc. together in order to achieve a particular aim





"The white rabbit" is an organization controlled by the sees.

"白兔子" 是由监视之眼控制的组织。

18.assistance [ə'sistəns] n. 援助, 帮助

记忆: assistance=as (to) +sist (自下而上的支撑) +ance (名词后缀) →帮助

释义: help or support

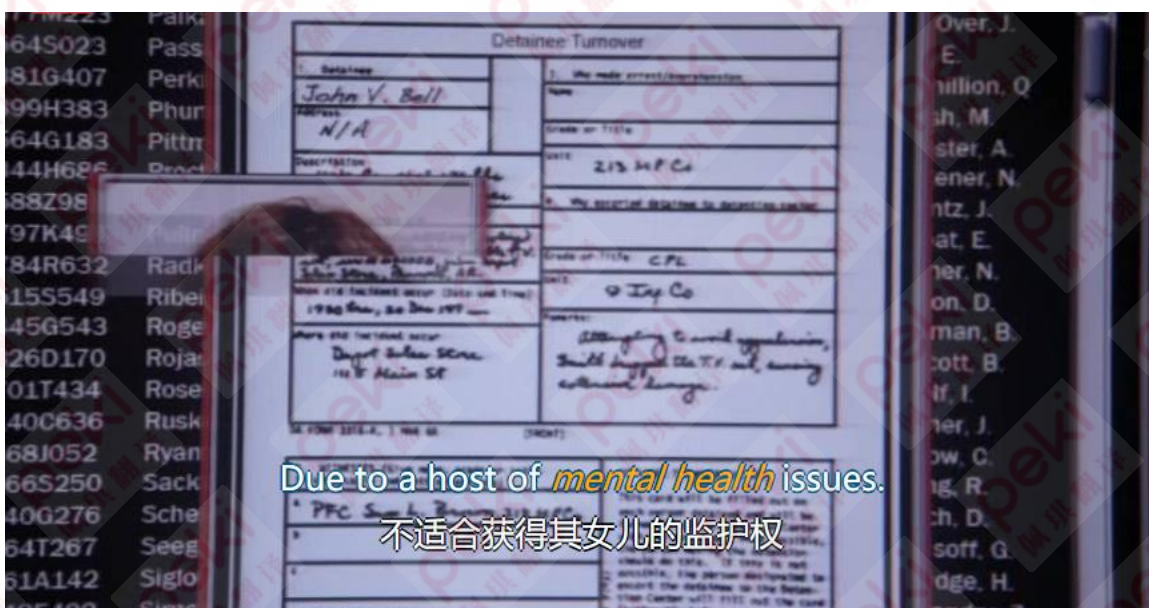
Can I be of any assistance ?

我能帮上忙吗?

19.Mental Health [ˌmentl 'helθ] [心理] 心理健康

记忆: mental 是精神的; health 是健康; 合起来即为精神的健康即心理健康。身体健康: physical health

释义: A person's overall emotional and psychological condition



Due to a host of mental health issues.

因为很多心理健康问题.

20.have a huge impact on 有巨大的影响

释义: When something happens that causes a lot of things to change, you can say that the event "had a huge impact".

例句: The advent of the Internet has had a huge impact on every aspect of society in the last 20 years.

在过去的 20 年里, 互联网的出现对社会的各个方面都产生了巨大的影响。

3.take part in 参加, 参与

释义: to participate in something



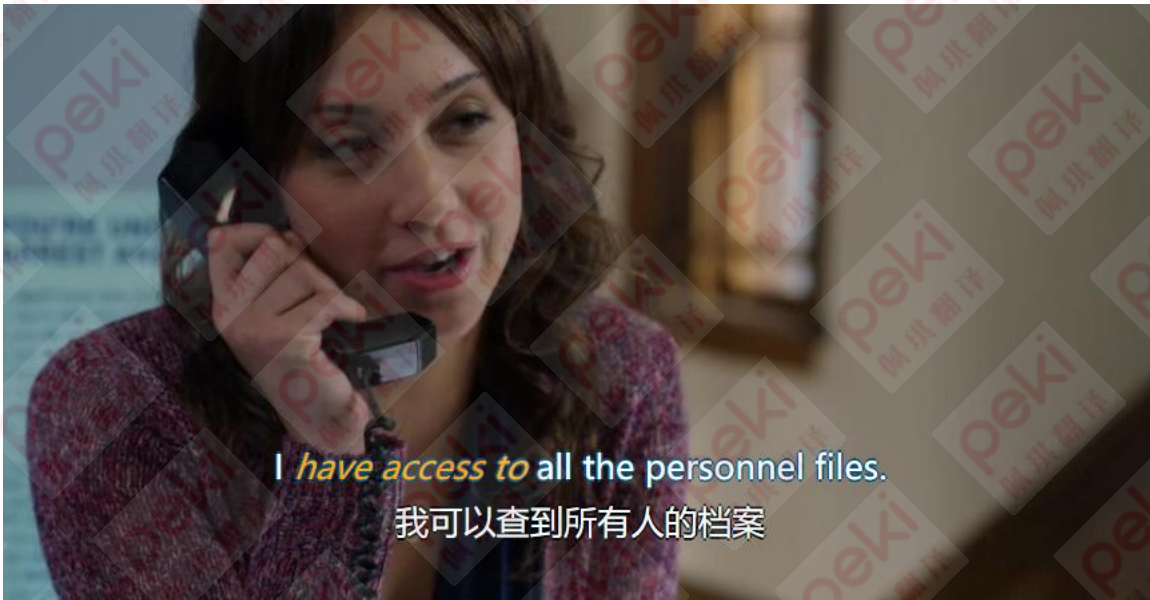
I would rather die than take part in your rites.

我宁死也不参加你们的仪式。



21.have access to [hæv 'ækses tu] 有权利；能够使用

释义：To "have access to" something means that you are able to see it or use it



I have access to all the personnel files.

我可以查阅所有的人事档案。

22.on one' s own 独自地；靠自己地

释义：If you do something on your own, you do it without any help from other people



You can win on your own, Gene!

你可以靠自己赢，吉恩！