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面对职业倦怠, 你该如何破局?

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burn out (火) 熄灭; 东西烧坏

eg. This is an economic malaise.

让人喘不过气的经济学问题

/bɜːrnaʊt/

**Burnout**: a modern

/məˈleɪz/

**malaise**

discomfort

n. 精疲力竭; 倦怠

n. 身体不适; 无法前进的问题

职业倦怠

toss v. (轻轻或漫不经心地) 扔; 抛

eg. He glanced at the letter and then tossed it into the bin.

他扫了一眼这封信

就把它丢进了垃圾箱。

A does sth the way

B does some other thing.

A 做某件事的方式和 B 做另一件事的方式一样。

Burnout is a term easily tossed around, the way somebody might claim

to be starving when they're simply hungry, or freezing when cold.) That's

harmless if a person is describing a tired day or week. But somebody who

is actually burned out should be prepared to take serious action because it's

a condition that needs attention.

产生倦怠的感觉

严重的糟糕的行为

认真的

eg. I've had an exhausting day. 一天的忙碌或疲惫不堪

I'm exhausted after a busy day. 一天的忙碌之后, 我感到疲惫不堪。

eg. As they approached the end of the marathon, the runners looked near exhaustion. 跑到马拉松的终点时, 选手们看起来筋疲力尽。

The big three symptoms are emotional exhaustion, cynicism and feeling ineffective, according to the Maslach Burnout Inventory (MBI), a

survey designed to measure employee burnout in the workforce. Other

symptoms can include frequent colds or sicknesses, insomnia and a

tendency to alleviate stress in unhealthy ways, such as with too much

alcohol or online shopping.

eg. A number of measures were taken to alleviate the problem.

人们采取了一系列措施来缓解这个问题。

大部分人不会意识到自己得了职业倦怠的原因

pin n. 大头针 point v. 指向; 瞄准

/ˈpɪnpɔɪnt/

A

A之所以用词可能因为B。

B

Part of the difficulty of pinpointing true burnout may be because

v. 准确指出; 确定

burnout is a nonmedical term—at least in the United States. (The Diagnostic

and Statistical Manual of Mental Disorders) doesn't list it as an illness. But

非医学术语

《精神疾病诊断与统计手册》

eg. pinpoint a location

确定一个位置

eg. It's difficult to pinpoint the source of its inspiration.

这幅画的灵感非常混乱, 很难确定它的灵感来自哪里。



由 扫描全能王 扫描创建

other countries including France, Denmark and Sweden, do recognize burnout syndrome and consider it to be a legitimate reason to take a sick day from work.

/lɪdʒɪtɪmət/ 瑞典

综合症状

a 合理的; 正当的

叶

valid; reasonable; fair

take a break from school  
休息一段时间不去上学。

eg. Her resentment is quite legitimate.  
她的怨恨很合理

be likely to achieve sth

### 缓解的方法

For those who suspect they might be on the road to burnout, there are practical tools to mitigate it. Among others: physical exercise, sleep and positive social connection (the real kind, not the Facebook kind). The

/mɪtɪgeɪt/ 认为

即将取得 sth / 在 sth 的进程中

v. 使缓和; 减轻(危害等)

these tools include 这些方法包括但不限于

importance of balance and self-care to prevent burnout likely isn't surprising to most.

### 应对职业倦怠的本质

这件事情没什么了不起的

"There's nothing fancy about what it would take to turn things around," says Ziegler, the "Mommy Burnout" author. "But it's a huge shift in the cultural mind-set. That's the challenge."

a. 复杂的; 高级的

使 sth 有好转, 有起色

《母亲倦怠》

n. 观念; 思维模式

eg. a conservative mindset  
保守的思维模式。

mitigate v.s. alleviate 减轻; 缓和

mitigate 更侧重减轻 sth. 的程度/力度. eg. mitigate the storm's impact.  
减轻风暴造成的影响。

alleviate 指缓解 sth. 让它更容易承受, 经常搭配的名词有 stress 压力, pain 疼痛。

eg. The drugs did nothing to alleviate her pain.  
这些药物对减轻她的病痛没有丝毫作用。

