

Art Heals

Has a painting, a movie, or a novel ever made you feel better?

1) 약을 복용하는 것은 여러분의 감정을 다루고 여러분의 걱정거리를 덜어주는데 도움을 줄 수 있지만, 때때로는 예술이 여러분이 찾는 치료법이 될 수도 있습니다.

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As you will see, the use of color, different perspectives, and engaging plots can have an uplifting effect on your mind, body, and soul.

When you are angry or irritated

Henri Matisse, Harmony in Red

Many people think that they should look at calming colors when they are angry or irritated.

2) 빨간 색은 감정을 자극하기 때문에, 사람들은 빨강색을 보는 것이 그들을 더 화나게 할 것이라고 생각할지도 모릅니다.

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However, this picture shows that the opposite can be true.

3) 이곳의 빨간 색을 바라보면서, 당신은 화를 풀 수 있다.

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This picture is actually helping you calm down.

The woman in the picture is standing in a vividly red room and is placing fruit in a bowl. She seems to be carrying on her work in silence.

4) 당신이 이 빨간 방에서 성실히 일하는 여자를 지켜보면, 당신의 화는 악화되는 대신에 녹아 없어진다.

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In addition, the yellow fruit on the table brings out positive and cheerful emotions. At the same time, the green and blue space outside the window causes healing and relaxing feelings.

5) 이러한 차가운 색깔들의 존재는 실제로 빨간 색의 무거움을 약간 더 가볍게 보이게 한다.

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Although the color red is dominant, it works together with the various contrasting colors to form a harmony. Seeing the balance keeps you from becoming overwhelmed by your emotions and helps you overcome your anger.

6) 이 그림의 제목이 시사 하듯이, 이것은 빨간 색의 조화가 가진 힘임에 틀림없다.

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When you lack confidence

The Secret Lift of Walter Mitty

Walter Mitty has developed the pictures used on the front cover of Life magazine for the past sixteen years. Other than that, he leads a boring life filled with daydreams. However, his world is about to change: Life will soon become an online-only publication. Unfortunately, the picture for the final cover is missing.

7) Walter는 사진을 찾기 위해 길을 나서기로 결심한다.

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He believes the photographer still has it and follows his trail. This is how Walter's wild dash across Greenland, Iceland, and the Himalayas begins. During this adventure, he survives a volcanic eruption and a fall from a helicopter.

8) 비록 그가 마침내 사진작가를 찾아냈음에도 불구하고, Walter는 자신이 항상 될 수 있다고 상상했던 사람이 되었음을 더 중요히 깨닫는다.

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Learn from Walter. Don't sit around and dream about your next adventure—just go ahead and make it happen. Don't wait for the right moment—there is no such thing as the right moment. Create your own opportunities, and everything will fall into place.

9) 충분히 용감하지 않은 것에 대해 걱정하지 마라 - 일단 대담한 선택을 하면, 용기가 뒤따를 것이다.

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All you need is motivation and this is already inside of you. So start living!

10) 이 영화는 언제든지 여러분의 꿈이 준비되어 있다는 것을 상기시켜 줄 것이다.

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When you feel like you don't fit in

Richard Bach, Jonathan Livingston Seagull

Jonathan Livingston Seagull knows that he's different from others.

11) 다른 갈매기들과 음식을 두고 싸우는 대신에, Jonathan은 비행을 배우는데 그의 모든 시간을 보낸다.

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Every day, he practices new skills by rolling, spinning, and diving high above the sea. During one of his practices, Jonathan flies through his flock.

12) 그는 다른 갈매기들이 그의 놀라운 능력을 칭찬해주기를 기대한다.

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Instead, they look at him coldly as they now consider him unfit to be a part of the flock. Jonathan tries his best to rejoin the flock, but he's no longer satisfied flying in formation with the other seagulls as he knows how wonderful soaring above the clouds really feels.

If you have ever felt a little bit different, take Jonathan Livingston Seagull's message to heart.

13) 다르다는 것을 두려워하지 마세요.

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There is no need to apologize for being the way you are. This is what makes you special.

14) 일단 당신을 다르게 만드는 것을 받아들이면, 그것에 대해 가능한 한 많이 배워라.

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Keep perfecting that special skill that makes you different from the rest of the crowd.



◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시

1) 제작연월일 : 2018년 01월 15일

2) 제작자 : 교육지대㈜

3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.

◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.

정답

- 1) [정답] Taking medicine can help you deal with your emotions and relieve your worries, but sometimes art might actually be the cure you're looking for.
- 2) [정답] Because the color red excites the emotions, they may think that looking at it will make them angrier.
- 3) [정답] By looking at the color red here, you can release your anger.
- 4) [정답] As you watch the woman working dutifully at her task in this red room, your anger melts away instead of getting worse.
- 5) [정답] The existence of these cool colors actually makes the "heaviness" of the red colors appear a bit lighter.
- 6) [정답] As the painting's title suggests, this must be the power of the harmony in red.
- 7) [정답] Walter decides to hit the road to find the picture.
- 8) [정답] Although he finally finds the photographer, Walter realizes he has, more importantly, become the person he always imagined he could be.
- 9) [정답] Don't worry about not being brave enough—once you begin making bold choices, courage will follow.
- 10) [정답] This movie will remind you that your dreams are ready whenever you are.
- 11) [정답] Instead of fighting over food with the other seagulls, Jonathan spends all his time learning about flying.
- 12) [정답] He expects the others to praise his amazing ability.

13) [정답] Don't be afraid of being different.

14) [정답] Once you embrace what makes you different, learn as much as you can about it.