

1. Healthy Living, Happy Life

Help! I Am Stressed Out!

Dear Teens Today,

1) 저는 쫓기거나 제가 전혀 답을 모르는 시험을 보는 꿈을 계속해서 꾀요.

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I often wake up in a cold sweat in the middle of the night. On some mornings, I feel so tired that I don't think I'll be able to lift my feet. What's wrong with me? Help!

- A worried teenager

Dear worried teenager,

We have good news and bad news for you. The good news is that you don't sound like you are ill. The bad news is that it is highly likely that you are stressed out.

2) “스트레스”라는 단어가 지친 어른의 이미지를 떠오르게 하지만, 많은 10대들 역시 높은 수준의 스트레스를 겪고, 심지어는 그들이 그렇다는 것을 전혀 모르는 상태로 겪기도 합니다.

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At least, now you know that you are under stress. It is a big step forward because only you, no one else, can control your stress level, but to wisely manage your stress, you need to have a good understanding of the issue.

3) 그것을 도와주기 위해서 틴스 투데이는 정신 건강을 전문으로 하는 의사와 스트레스와 그의 관리에 대한 유익한 대화를 나누었습니다.

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4) 속담에서 말하듯, “적을 알아야 더 잘 싸울 수 있어요!”

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Q&A with the Doctor: Stress and Its Management

Q: What is the first thing we should know about stress?

You need to understand that stress is not a disease.

5) 스트레스는 거의 모든 사람들이 경험하는 보편적인 반응입니다.

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In fact, stress is a natural alarm system in your brain and body, going back to the primitive days. This involuntary response developed in our ancestors as a way to protect them from predators and other threats. Imagine you meet a tiger in the jungle.

6) 여러분의 목숨을 구하기 위해서, 여러분은 이것과 싸우거나 빠르게 달려야 합니다. 따라서 몸은 심장 박동을 빠르게 하고, 혈압을 높이고, 에너지를 강화하고, 여러분이 문제를 해결할 수 있도록 준비 시킬 호르몬을 피속으로 방출하며 몸의 상태를 비상 체제로 바꿉니다.

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Experts call this the “fight-or-flight response,” and the human race could not have survived in its early, tough natural environment without it.

Q: Then, is stress not bad?

No. Not always. A little stress is essential to push you to get things done. It prepares you to meet a tough situation with focus, strength, and alertness.

7) 스트레스가 없다면, 여러분이 어려움을 마주하고 마감기한을 지키고 성공을 거둘 수 있게 하는 충분한 에너지를 모으지 못할 것입니다.

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Q: Why, then, does everybody think it's a big problem?

The problem is, times have changed, but the stress reaction remains the same. Stress hormones burn away when you get rid of the stress source. Back in the old days, it was a matter of either death or survival, and then the crisis came to an end.

8) 하지만, 요즘에는 여러분의 걱정이 호랑이를 만났을 때만큼 즉각적으로 해소되지 않습니다.

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You might have an exam tomorrow and an assignment due the day after tomorrow. The danger signs are almost always on, and the stress hormones stay in your body and build up. Blood rushes to your face. Your stomach stops working and feels upset or as if it is tied up in knots. You feel restless in your legs and have difficulty going to sleep.

9) 이 중 그 어느 것도 여러분이 숙제를 하는데 도움이 되지 않을 거예요. 그리고 이런 일이 계속 발생한다면 이건 여러분의 건강을 해칠 수 있겠죠.

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Q: What do we need to do to deal with it?

10) 우리 모두는 최고의 반응이 그 문제와 싸우고 해결하는 것임을 알지만, 그렇게 하는 것이 항상 쉬운 것은 아닙니다.

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11) 이런 경우에 호르몬은 여러분이 뛰길 원하게 만들 수도 있습니다. 하지만 문제로부터 도망치는 것은 스트레스를 관리하는 가장 나쁜 방법들 중에 하나입니다.

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For example, skipping school may feel good at the time, but it will drag you into even deeper trouble afterward.

12) 스트레스를 관리하는 더 나은 방법은 신체적인 운동입니다. 스트레스 호르몬이 실제로 여러분에게 시키는 일은 말 그대로 몸을 움직이고 뛰는 것이기 때문입니다.

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13) 운동은 과다 분비된 스트레스 호르몬을 태우고, 그것을 여러분을 행복하게 하는 다른 것들로 바꾸어 줍니다.

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Then your body will be refreshed and ready to meet the next challenge. Finally, strike a balance between work and play. School is important, but it is not everything. When you plan your week, schedule time to get schoolwork done, but also schedule time to have fun. When it's time to enjoy yourself, try not to worry about school or homework. Focus on having fun.

Q: Is there anything special about teenage stress, compared with that of adults?

I believe so because growing up is not easy. Teenage experiences vary, and everyone experiences different emotions and concerns.

14) 하지만 여러분 모두를 묶어주는 한 가지는 여러분이 청소년에서 독립적인 성인이 되는 것으로 변화하고 있다는 것입니다.

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During this time of transition you live with a lot of uncertainties and imbalances, which create huge anxieties.

15) 여러분이 스트레스를 받는 것은 자연스럽다는 것, 그리고 그것이 괜찮다는 것을 아는 것은 중요해요.

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16) 여러분이 어떤 문제로 스트레스를 받던간에, 그것은 결국 지나갈 것이라는 걸 명심하세요.

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More Tips to Keep Stress under Control

1. Avoid overscheduling. Be realistic and do not try to be perfect.


2. Learn to relax. When you feel extreme stress, get quiet and take a few deep breaths. This brings oxygen to your brain and helps you relax.

3. Treat your body well. Watch what you eat. Under stressful conditions, the body needs vitamins and minerals more than ever. A good night's sleep will relieve stress as well.

4. Get help. Stress can be overwhelming.

17) 망설이지 말고 믿을만한 성인이나 학교 상담사에게 도움을 요청하세요.

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◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시

1) 제작연월일 : 2018년 11월 07일

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] I keep having dreams about getting chased or taking a test where I don't know any answers.
- 2) [정답] Although the word "stress" brings up images of tired adult, many teens also suffer from a high level of stress, often without even knowing that they do.
- 3) [정답] To help with that, Teen Today had an informative talk on stress and its management with a doctor specializing in mental health.
- 4) [정답] As the saying goes, "Know your enemy, and you will fight better!"
- 5) [정답] It is a normal reaction that almost everyone experiences.
- 6) [정답] You have to fight it or run fast to save your life, so your body turns on its emergency system, releasing into the blood the hormones that speed up your heart rate, increase your blood pressure, boost your energy, and prepare you to deal with the problem.
- 7) [정답] Without stress, you would not be able to gather enough energy to face difficulties, meet deadlines, and achieve successes.
- 8) [정답] Now, however, many of your worries are not as instantly resolved as they were when you used to bump into tigers.
- 9) [정답] None of this helps you with doing your homework, and when it keeps happening, it can harm your health.
- 10) [정답] We all know that the best response is to fight and solve the problem, but it's not always easy to do so.

- 11) [정답] In that case, the hormones might make you want to run away, but running away from your problems is one of the worst ways to deal with stress.
- 12) [정답] A better way to deal with stress is physical exercise, for what the stress hormones really tell you to do is to literally move your body and run.
- 13) [정답] Exercise burns away extra stress hormones and replaces them with others that make you happy.
- 14) [정답] The one thing that unites you all, however, is that you are changing, from being a youth to becoming an independent adult.
- 15) [정답] It is important to know that it is natural for you to feel stressed, and that it is okay.
- 16) [정답] Keep in mind that whatever stresses you out now will eventually pass.
- 17) [정답] Do not hesitate to ask for help from a trustworthy adult or a school counselor.