

压力		
1	pressure / tension / stress	n. 压力
2	relieve / reduce / alleviate / manage / combat / handle	v. 缓解(压力)
3	happiness / delight / elation / enjoyment / joy / exhilaration / well-being / bliss / contentment	n. 快乐
4	undergo / experience / endure / suffer from	v. 经历, 遭受
5	in personal and professional life	n. 私人生活和工作生活
6	long for / desire / crave	v. 渴望
7	alter one's stress level	v. 减压
8	raise one's stress level	v. 增压
9	be concerned with different levels of stress	v. 因不同级别的压力而忧虑
10	daily / routine + worries / concerns / trivia	n. 日常生活的烦恼
11	distract sb from doing / serve as a distracter / provide a distraction from	v. 忘记
12	a stress reducer	n. 减少压力的方法
13	adopt ...as their stress-relief strategy	v. 以...作为缓解压力的策略
运动		
14	exercise / work out / do physical activities / a workout / be physically active	v. 做运动
15	keep a sedentary lifestyle	v. 过着久坐的生活
16	lead unhealthy / unwholesome lifestyle	v. 过不健康的生活方式
17	highlight / value / emphasize	v. 重视
住大城市		
18	live / reside / dwell / occupy / inhabit in	v. 住
19	residents / occupants / dwellers / inhabitants	n. 居民
20	a residence with an easy access to transportation	n. 一个交通方便住处
21	in close proximity to	prep. 邻近.....
22	in the vicinity	prep. 在周围
23	mass / public transit	n. 公共交通
朋友		
24	build / establish / maintain / strengthen +relationship / connection / bond	v. 建立/ 维系人际关系
25	acquainted friends / acquaintances	n. 老朋友
26	a wider / larger friend circle	n. 更大的朋友圈
27	expand / extend current social circle/ network	v. 扩展当前的社交圈
28	expand / broaden / widen horizon / outlook	v. 扩大眼界
吃		
29	consume high-calorie food	v. 消耗高卡路里食物
30	unwholesome / unhealthy / nutritionally-deficient food	n. 不健康食品

	in grocery stores	prep. 在食品杂货店
31	买东西	
32	purchase / make a purchase / make an acquisition / purchase	v. 购买
33	attract = appeal to / attractive = appealing	v. / adj. 吸引