

压力		
1	pressure / tension / stress	n. 压力
2	relieve / reduce / alleviate / manage / combat / handle cope with / deal with / 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 + pressure / embarrassment / insomnia	v. 经历, 遭受
5	in personal and professional life	n. 私人生活和工作生活
<p>在这个忙碌的生活中, 每个人都经历着来自工作和生活的压力, 而这个压力使得人们远离快乐。</p> <p>derive A from B</p> <p>In a hectic life, every person experiences / suffers from pressure in / derived from / stemming from / originating from personal and professional life, which excludes them / prevents them from elation / bliss.</p>		

6	long for / desire / crave + further development	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

尽管人们渴望放松和快乐，但人们每时每刻，都因不同级别的压力而忧虑。

be eager for / do to

Though longing for / craving / desiring relaxation and exhilaration, people are concerned with *different levels of stress* on a daily basis = every day.

Longing for / craving / desiring relaxation and exhilaration, people are concerned with different levels of stress on a daily basis = every day.

10	daily / routine + <u>worries / concerns / trivia</u>	n. 日常生活的烦恼
11	distract sb from doing / serve as a distracter / or provide a distraction from	v. 忘记
12	Reading can reduce / combat / deal with pressure a stress reducer	n. 减少压力的方法
13	adopt ...as one's stress-relief strategy	v. 以...作为缓解压力的策略

学生应该采用读书来减少压力，很好的让他们忘掉生活的烦恼。
for the sake that 为了

Students can adopt reading as one's stress-relief strategy / as a stress reducer, **since/ as / because / for** it can **distract** them **from** daily worries / can *serve as a distracter from* worries / can **provide distraction from** worries. (relax)

	运动	
14	exercise / work out (v) / do physical activities / do physical exercise / do a workout (n) / be physically active	v. 做运动 --身体好
15	keep a sedentary lifestyle keep sedentary	v. 过着久坐的生活
16	lead an unhealthy / unwholesome lifestyle	v. 过不健康的生活方式
17	highlight / value / emphasize	v. 重视
<p>运动应该被人们重视，因为它使得人们不久坐。</p> <p>Exercise, <u>preventing people from / excluding people from / distracting people from</u> keeping sedentary / a sedentary lifestyle, should be valued / highlighted / emphasized.</p> <p>Preventing people from keeping sedentary, exercise should be valued / highlighted / emphasized.</p>		

	住大城市	
18	live / reside / dwell / occupy / inhabit in	v. 住
19	residents / c/ dwellers / inhabitants in cities / metropolis	n. 居民
<p>住在大城市，使得人们能上更好的学校，以及享受更好的医疗。 Residing in metropolis <i>provides occupants with the access to a</i> quality / well-rounded education / elite universities and constant / convenient / superb / optimal medical care.</p> <p>well-equipped facilities / transportation</p> <p>unsatisfying / not gratifying / negative / adverse 不好的</p>		

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
<p>住在一个交通方便的地方，人们就不会被去远的地方而麻烦。</p> <p><u>in close proximity to transportation,</u></p> <p><u>with an easy access to transportation</u></p> <p><u>with transportation in the vicinity,</u> people will not be troubled / be concerned by / bothered by commuting to / heading to / (advance to +university) a remote place.</p>		
	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 provide sb with the access to ...	n. 更大的朋友圈

27	expand / extend / enlarge current social circle/ network	v. 扩展当前的社交圈
28	expand / broaden / widen horizon / outlook	v. 扩大眼界

公园是一个很好的平台，能够让人们建立友谊以及和老朋友维系关系，这很好地扩大了人们的朋友圈。

be (is are)

serve as / function as / work as / act as + n

Public parks **serve as / function as** a platform to / for people / individuals / residents in the vicinity to establish a new relationship / connection / contact and maintain a bond with acquaintances, which enlarges their social network.

出国旅行是一个很好的途径，能够扩大学生的眼界。

Overseas travelling

Outbound traveling **serves as an effective approach to** broaden students' horizon.

	吃	
29	consume / eat high-calorie food	v. 消耗高卡路里食物
30	unwholesome / unhealthy / nutritionally-deficient food lead an unwholesome / unhealthy life sb is unhealthy / is susceptible to ...	n. 不健康食品
31	in grocery stores	prep. 在食品杂货店
<p>很多学生<u>沉浸在校园里杂货店铺里卖的</u>，高卡路里<u>或者</u>不健康的食物。</p> <p>Students are immersed in / addicted to / indulged in high-calorie / unwholesome food, abundant in / brimmed / saturated in grocery stores on campus.</p> <p>n+形容词短语 ==== 后置定语</p>		

	买东西	
32	purchase / make a purchase / make an acquisition of	v. 购买
33	attract = appeal to / attractive = appealing	v. / adj. 吸引
<p>关于一个产品的广告 advert / advertising (广告业) 越吸引人, 人们就会更多的购买。</p> <p><u>The more appealing an advert of a product is, the more people will purchase / make a purchase of it.</u></p>		