



## 困扰许多打工人的“周日焦虑症”，解决方法其实很简单

Date: Mar. 19, 2023

484 Words

A new study led by the University of Exeter's Ilke Inceoglu has found that many employees experience the "Sunday scaries". This phenomenon often takes the form of mental **preoccupation** with the week ahead, as well as feelings of **dread**, nervousness and difficulty sleeping. "It's as if your mind starts to turn from what is generally either relaxation or enjoyment at the weekend, into worries about everything you've **got to** do in the working week ahead," said one of Inceoglu's **respondents**.

埃克塞特大学伊尔克·因塞奥格鲁教授的一项新研究发现，许多员工都有“周日焦虑症”。这种现象通常表现为操心即将到来的一周，感到恐惧、紧张，难以入睡。该研究的一名调查对象说：“这就好像你的大脑开始从周末的放松或享受转变为担忧下周工作中必须做的事情。”

Inceoglu found that these Sunday scaries were particularly **pronounced** among people who frequently checked their emails during the weekend, had tasks left over from the previous week, and had **unreasonably** high expectations of themselves. One study which followed 87 employees over 12 days found their mood and energy levels improved as the week went on, **peaking** on Friday and then **falling off** a **cliff** on Monday. The Monday **blues** seems to be shared across many cultures: a 46-country study found that Monday is the day people are least likely to say is a "good day".

因塞奥格鲁发现，周日焦虑症在那些周末经常查看电子邮件、前一周留下了未完成任务、对自己期望过高的人身上尤其明显。一项对 87 名员工进行了 12 天跟踪调查的研究发现，随着一周时间的推进，员工的情绪和精力水平不断提升，在周五达到顶峰，然后在周一急剧下降。周一综合症

**preoccupation** [priˌɑːkjuˈpeɪʃn]

*n.* 思虑，盘算；全神贯注，入神 | The safety of their children is a constant preoccupation of most parents. 儿女们的安全始终是大多数家长的牵挂。

**dread** [dred] *n.* 恐惧，令人惧怕的事物 *v.* 非常害怕，极为担心 | The prospect of growing old fills me with dread. 想到人会一天天老下去便使我充满恐惧。

**have got to do ...** 不得不做……（常用于英式口语，=have to do ...） | I've got to be at the hospital at 4 o'clock. 我必须四点到医院。

**respondent** [rɪˈspɒndənt] *n.* 回答问题的人，调查对象；被告

**pronounced** [prəˈnaʊnst] *adj.* 明显的，显著的 | She still has a pronounced German accent. 她仍然带着明显的德国口音。

**unreasonably** [ʌnˈriːznəbli] *adv.* 不合理地 | unreasonably high prices 过高的价格

**peak** [piːk] *v.* 达到高峰，达到最高值 *n.* 顶峰；尖端 | Oil production peaked in the early 1980s. 20 世纪 80 年代初期，石油产量达到了最高峰。

**fall off** 掉下，脱落；下降，减少

似乎存在于许多文化中：一项涵盖了 46 个国家的研究发现，人们最不可能把周一说成“好日子”。

People's subjective **assessments** of days of the week also appear to drive patterns of behaviour. Economists have noticed a “blue Monday” effect on many financial markets. Investors are generally more **gloomy** on Mondays and, historically, returns on shares have been lower. Researchers have found that investors tend to be more cautious on Mondays, **shying away from** risk and making much safer investments. Another pattern of behaviour that is more common on Mondays is suicide: Japanese and Korean studies have found that people are **significant** more likely to kill themselves on Monday.

人们对一周的主观看法似乎也会影响他们的行为模式。经济学家已经注意到许多金融市场出现了“蓝色星期一”效应。投资者在周一通常更悲观，而且从历史上看，股票回报率也较低。研究人员发现，投资者在周一会更加谨慎，规避风险，做更稳妥的投资。周一更常见的另一种行为模式是自杀：日本和韩国的研究发现，人们在周一自杀的可能性明显更高。

Given the problems with Mondays, the big question is: what should we do about it? Researchers have offered some useful suggestions that could help us make Monday less depressing. One is to maintain fairly clear boundaries between work and the rest of your life. People who spend **a great deal of** their time during the weekend checking in with work via email or thinking about work often had the more pronounced experiences of dread on Monday.

考虑到周一存在的种种问题，最需要搞清楚的是：我们应该对此做些什么？研究人员提供了一些有用的建议，可以帮助我们让周一不那么令人沮丧。一是在工作和生活之间保持清晰的界限。那些在周末花了大量时间通过电子邮件查看工作情况或思考工作的人，在周一恐惧感会更明显。

A second way is to change how you think about the weekend. One US study found that when participants were asked to treat their weekend as a mini-vacation, they tended to

| Attendance at my lectures has fallen off considerably. 听我讲课的学生大大减少了。

**cliff** [klɪf] *n.* 悬崖，峭壁

**blues** *n.* (复数名词) 忧郁，沮丧，悲伤 | A lot of women get the blues after the baby is born. 许多妇女产后会感到忧郁。

**assessment** [ə'sesmənt] *n.* 看法，评价；评定，判定 | The college has a highly formalized system of assessment. 这所学院有一套十分固定的评估体系。

**gloomy** ['gluːmi] *adj.* 前景黯淡的，悲观的；忧郁的，沮丧的；阴暗的 | gloomy prospects 黯淡的前景

**shy away from ...** 回避，避开 | We frequently shy away from making decisions. 我们常常避免作出决定。

**significant** [sɪɡ'nɪfɪkənt] *adj.* 数量相当大的，显著的；重要的，有意义的 | Your work has shown a significant improvement. 你的工作有了显著改进。

**a great deal of** 大量的，很多的 | It took a great deal of time. 这费了很多时间。

**enliven** [ɪn'laɪvən] *v.* 使有趣，使生动，使更有活力 | Humour can help enliven a dull subject. 幽默有助于使枯燥的话题变得比较有趣。

**tweak** [twi:k] *n.* 轻微调整 *v.* 拧，扭 | Maybe you should tweak a few

do more **enlivening** activities and returned to work on Monday more energised and satisfied with their jobs.

第二种方法是改变你对周末的看法。美国的一项研究发现，当参与者被要求把周末当作一个迷你假期时，他们往往会参与一些更有趣的活动，周一回到工作岗位时，他们会更有活力，对工作也更满意。

Making small **tweaks** to your days could improve things a little. However, keeping your work email closed all weekend is only likely to achieve so much. In an economy where the boundaries between work and **leisure** are increasingly **blurred**, where employees **grapple** with **mounting** financial uncertainty and increasing demands alongside decreasing resources, the Sunday scaries may be difficult to fight off. Perhaps we all need to remind ourselves of a piece of advice from Bertrand Russell: “One of the symptoms of an approaching **nervous breakdown** is the belief that one’s work is terribly important.”

对生活做一些小的调整可以让情况好一点。但是，整个周末关闭你的工作电子邮件能起到的作用只有这么多。如今，工作和休闲之间的界限越来越模糊，员工们要解决的是财务不确定性增大，需求增加，资源减少，在这样一种经济中，人们可能很难摆脱周日焦虑症。也许我们都要牢记英国哲学家伯特兰·罗素的一个建议：“精神崩溃的征兆之一就是坚信自己的工作非常重要。”

sentences before you send in the report. 报告交上去之前，有几个句子你也许应该修改一下。

**leisure** ['li:ʒər] *n.* 闲暇，空闲，休闲 | I'm looking forward to more leisure time in my retirement. 我期待着退休后能有更多的空闲时间。

**blurred** [blɜ:rd] *adj.* 模糊不清的，难以区分的 | The line between fact and fiction is becoming blurred. 事实和虚构之间的界线正在变得模糊起来。

**grapple** ['græpl] *v.* 努力设法解决；扭打，搏斗 | The Government has to grapple with the problem of unemployment. 政府必须尽力解决失业问题。

**mounting** ['maʊntɪŋ] *adj.* 上升的，增长的 | There's mounting evidence of a link between obesity and some forms of cancer. 越来越多的证据表明肥胖和某些癌症有关联。

**nervous breakdown** 精神崩溃 | Colin came close to having a nervous breakdown last year. 科林去年差点精神崩溃。

## ➤ 脉络梳理

Para. 1-2 介绍周日焦虑症的现象及成因

Para. 3 分析人们的主观感受对行为模式的影响，举例指出周一金融市场低迷，且人们自杀率更高

Para. 4-5 提出建议：在工作和生活之间保持清晰的界限；让周末更充实有趣

Para. 6 指出在如今的经济大环境下人们很难摆脱周日焦虑症，应该调整心态，不要把工作看得过重

## ➤ 长难句拆解

状语  
|  
In an economy where the boundaries between work and leisure are increasingly blurred,  
定语从句，修饰 economy  
|  
where employees grapple with mounting financial uncertainty and increasing demands alongside  
decreasing resources,  
主句  
|  
the Sunday scaries may be difficult to fight off.