



## Stress Drains Your Body's Battery. Here's How You Can Recharge It

压力会耗尽你的身体电池，你可以采取这些措施给自己充电

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468 Words

My phone is showing that little red low-battery bar, and I need to plug it in immediately or lose my connection. What if I didn't **recharge** — no, that would stress me out. But what if, in addition to recharging my phone, I took a few minutes to recharge myself?

手机上正显示一个代表低电量的红色小条，我得赶紧给它插上电，否则就会断联。如果我不充电呢？别，那会让我很有压力。但是，如果我在给手机充电的同时，也花几分钟让自己放松休整一下呢？

The 2022 American Psychological **Assn.** annual survey on stress showed a flashing red alert: More than a quarter of U.S. adults are feeling **overwhelmed** by stress — **paralyzed**, even numb. No wonder we are communally fatigued — stress uses a **tremendous** amount of energy. We have fatigue from work, the long shadow of COVID and much more to contend with.

2022 年美国心理协会关于压力的年度调查显示了一个闪光的红色警报：超过四分之一的美国成年人感觉压力大到难以承受——不知所措，甚至麻木。难怪我们普遍感到疲劳——压力消耗了大量的能量。我们要面对工作带来的疲劳，新冠疫情的长期影响，还有很多其它事情需要应对。

The organic compound adenosine triphosphate, or **ATP**, is our body's fuel, produced by our mitochondria. It's at the core of our well-being. ATP is needed to fight aging and repair our cells each day from the damage **accrued** by simply living and especially when under stress. When we are on **overdrive**, we rely on ATP to mount a super-energized stress response.

有机化合物三磷酸腺苷（ATP）由线粒体产生，为我们的身体供能。这是我们幸福的关键。我们每天都需要 ATP 来对抗衰老，修复我们的细胞，

**recharge** [ˌriːˈtʃɑːrdʒ] v. 给（电池）充电，充电；恢复精力，修整 | recharge your batteries 养精蓄锐，休整

**assn.** (association 的书面缩写) 协会，社团

**overwhelm** [ˌoʊvərˈwelɪm] v. (感情或感觉) 充溢，难以禁受；使应接不暇，压垮 | She was overwhelmed by feelings of guilt. 她感到愧疚难当。

**paralyzed** (=paralysed) [ˈpærəˈlaɪzd] adj. 不知所措的 | He stood paralysed for a moment, and then ran away. 他站在那里一时呆若木鸡，然后跑掉了。

**tremendous** [trəˈmendəs] adj. 巨大的，极大的；极好的，了不起的 | We have a tremendous amount of work to get through. 我们有大量的工作要完成。

**ATP** (adenosine triphosphate) 腺嘌呤核苷三磷酸（简称三磷酸腺苷），水解时释放出的能量较多，是生物体内最直接的能量来源。

**accrue** [əˈkruː] v. 积累，增加 | Interest will accrue if you keep your money in a savings account. 如果把钱存入储蓄账户，就会自然生息。

使其免受正常生活尤其是在压力下累积的损伤。当我们过度紧张时，我们依靠 ATP 来做出极耗能量的应激反应。

Our body has limited energy and carefully **triages** how it's used — it will always **prioritize** stress emergencies over repairing cells. Repair comes last, when everything feels safe and orderly. So it's critical to have restorative breaks from stress, to allow time for cellular repair and prevent accelerated biological aging.

我们的身体只有有限的能量，并且会对这些能量的用途仔细分类——身体总是优先处理紧急压力而不是修复细胞。当一切都感觉安全有序时，才会轮到修复细胞。因此，摆脱压力，让自己获得恢复性的休息是至关重要的，这可以为细胞修复留出时间，防止衰老加速。

A study suggests that when people are under **chronic** stress for years, our mitochondrial **enzymes** weaken and have less capacity to create ATP. Our cells become **prematurely** aged and **inflamed**. The good news is, when we feel positive emotions daily, our mitochondria are **revved** up, producing lots of energy each day. Here are a few ways to create that positivity and **tame** the beast of chronic stress:

一项研究表明，当我们多年处于慢性压力之下，线粒体酶会衰弱，产生 ATP 的能力也会降低。我们的细胞会过早老化和发炎。好消息是，当我们每天都有积极的情绪时，我们的线粒体会加速运转，每天产生大量的能量。这里有一些方法可以创造积极情绪，驯服长期压力这个讨厌鬼：

Redirect attention from threat to joy. We can shape our environments to protect us from constant red alerts. Our attention **gravitates** to threatening information, as our screens so frequently deliver. To protect your precious attention and energy stores, turn off unnecessary alerts on your devices. Create spacious breaks within the day to **unplug** and focus on something restorative. Shift your attention to being present, to what you can feel grateful for, to connection with others.

将注意力从威胁转移到快乐。我们可以塑造身边的环境，以保护我们  
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**overdrive** ['oʊvədraɪv] *n.* 加倍努力（或紧张）；（汽车的）超速挡 |

As the wedding approached, the whole family went into overdrive. 随着婚礼将近，全家人都忙得不亦乐乎。

**triage** [tri:'ɑ:ʒ] *v.* 分类 *n.* 分类；伤员分类

**prioritize** [praɪ'ɔ:rətaɪz] *v.* 优先处理；按重要性排列 | You need to prioritize your tasks. 你需要按照轻重缓急安排自己的工作。

**chronic** ['kra:nɪk] *adj.* 长期的，慢性的，难以治愈（或根除）的 | There is a chronic shortage of teachers. 长期存在师资短缺的问题。

**enzyme** ['enzaim] *n.* 酶

**prematurely** [ˌprɪmə'tʃʊrli] *adv.* 过早地 | Her hair became prematurely white. 她的头发过早地苍白了。

**inflamed** [ɪn'fleɪmd] *adj.* 发炎的，红肿的；愤怒的，非常激动的

**rev** [rev] *v.* 快速运转 | The taxi driver revved up his engine. 出租车司机把发动机发动起来。

**tame** [teɪm] *v.* 驯服，使易于控制 *adj.* 温顺的 | She made efforts to tame her anger. 她努力压制心头怒火。

**gravitate** ['grævɪteɪt] *v.* 被吸引到 | Many young people gravitate to the cities in search of work. 许多年轻人被吸引到城里找工作。

**unplug** [ˌʌn'plʌg] *v.* 拔掉……的

免于接触持续的红色警报。我们的注意力总被负面信息所吸引，因为我们的手机屏幕频繁传递出这类信息。为了保护你宝贵的注意力和能量储备，请关闭设备上不必要的提醒。在一天中创造充裕的休息时间，放下手头的工作，专注于恢复精力的事情。把你的注意力转移到当下，转移到你感激的事情上，转移到与他人的联系上。

**Immerse** in green. Being in crowded and busy places sends our bodies signals of danger. Nature **facilitates** the opposite, calming our minds. Thus we can recharge our batteries with green space time — seek a park or gardens for sensory immersion that signals safety to our bodies. (Yoga, meditation or slow breathing, even for a few minutes, are also **potent** ways to recharge.)

沉浸在绿色中。身处拥挤繁忙的地方会给我们的身体发出危险信号。大自然正好相反，它能让我们的大脑平静下来。因此，我们可以待在绿色空间里放松自己——找一个公园或者花园，将自己的感官沉浸在其中，向我们的身体发出安全信号。（瑜伽、冥想或者慢慢呼吸，即使只有几分钟，也是有效的放松方式。）

The **bottom line** is that we can break our daily stress habits and create more energy. We can feel ease, **contentment** and balance by letting go of embodied and **unconscious** stress. Life is short. It's even shorter living on half a battery.

最重要的是，我们可以不再每天习惯性地处在压力之下，而是创造更多的能量。通过释放具体的和未察觉到的压力，我们可以感到轻松、满足和平衡。人生苦短。只靠半块电池生活就更难熬了。

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**immerse** [ɪ'mɜːrs] v. 使沉浸于，使专心于；浸没 | She immersed herself in her work. 她埋头工作。

**facilitate** [fə'sɪlɪteɪt] v. 促进，促使；使便利 | The new trade agreement should facilitate more rapid economic growth. 新贸易协定应当会加快经济发展。

**potent** ['pəʊntnt] adj. 有强效的，有力的 | The drug is extremely potent, but causes unpleasant side effects. 这种药药效极强，但会产生不良的副作用。

**bottom line** 要旨，基本论点，底线 | The bottom line is that it's not profitable. 最重要的一点是它无利可图。

**contentment** [kən'tentmənt] n. 满意，满足 | He has found contentment and satisfaction in his work. 他在工作中得到了满足。

**unconscious** [ʌn'kɔːnʃəs] adj. 未察觉到的，未意识到的；无知觉的，不省人事的 | He was quite unconscious of the danger. 他丝毫没有意识到危险。

## ➤ 脉络梳理

- Para. 1          引出话题，手机需要充电，人也需要放松一下给自己充电
- Para. 2-5        分析压力对身体造成的影响：消耗大量的能量，造成疲劳并加速衰老
- Para. 6-7        就如何缓解压力给自己充电提出建议
- Para. 8          总结全文，再次强调应当学会释放压力，放松自己

## ➤ 长难句拆解

