Depression can be caused by things like stressful life events, certain medications, death of a loved one, hormonal changes, and of course, caused by faulty mood regulation in the brain.

憂鬱的形成原因包含令人壓力、特定藥物、失去親人摯愛、賀爾蒙作祟，以及源於腦中情緒的調節失常。

1 . depression 沮喪、大蕭條

depression [dɪˋprɛʃən] (n.) 沮喪、大蕭條

(during) the Great Depression

1930年代的經濟大蕭條

depressed [dɪˋprɛst] (adj.) 沮喪的

He was feeling quite depressed after the competition.

他在這個比賽之後，心情非常沮喪。

suppressed [səˋprɛst] (adj.) 抑制的

People are rather suppressed during that time of the society.

在社會上的那一段時間其實人們都非常地壓抑。

2 . stressful 緊張的

stressful [ˋstrɛsfəl] (adj.) 緊張的

stress [strɛs] (n.) 壓力

Some perform extremely well under stress.

有些人在面對壓力時候反而表現得特別好。

3 . certain 可靠的

certain [ˋsɝtən] (adj.) 可靠的

it is for certain 無庸置疑的

It is for certain that these few days are definitely the hottest winter ever.

無庸置疑的這幾天肯定是最熱的冬天了。

Certain members of the club are allowed into the VIP room.

俱樂部的特定成員才可以進貴賓室。

4 . medication 藥物

medication [͵mɛdɪˋkeʃən] (n.) 藥物

meditation [͵mɛdəˋteʃən] (n.) 冥想

Meditation helps in terms of your work efficiency.

你在工作前冥想或是靜坐，其實對你的工作效率有大大的幫助。

5 . faulty 有缺點的

faulty [ˋfɔltɪ] (adj.) 有缺點的

fault [fɔlt] (n.) 缺點、某人的錯誤

It is your fault that we ended up in the middle of nowhere.

我們現在完全不知身在何處，都是你的錯。

false [fɔls] (adj.) 不正確的，謬誤的；不真實的

true or false 是非題

faculty [ˋfæk!tɪ] (n.) 全體員工

After the accident, all faculties are gathered in the stadium to discuss what to do next.

意外發生之後，員工都在大禮堂討論下一步該怎麼做。

6 . regulation 規章

regulation [͵rɛgjəˋleʃən] (n.) 規章

The regulations in the school are quite strict.

這個學校的校規非常嚴苛。

regulate [ˋrɛgjə͵let] (v.) 管理

circulation [͵sɝkjəˋleʃən] (n.) 循環

blood circulation

血液循環

circulate [ˋsɝkjə͵let] (v.) 循環

It is believed that kindness is circulated among the society.

大家都相信善意在社會之間是不斷循環的。