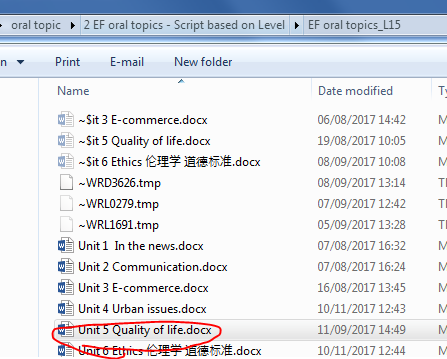
# Unit title: Stress; I’m beyond stressed-out

# Prestudy: the unit “Life style”: work-life balance, in a well-balanced life



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## Resources: <http://edition.cnn.com/specials/health/living-well>

## [Decompress technique] Relax or unwind by a vacation

<http://edition.cnn.com/2014/12/19/health/surviving-holiday-blues/index.html>

Samantha Gattsek's family has never made a big deal out of holiday celebrations. But this year, she feels especially disconnected from the seasonal cheer surrounding her.

"The holidays can feel like a lonely time of year, and it's hard to hear about everyone else's fun plans," the 29-year-old Manhattanite says. "I don't have that warm and fuzzy feeling."

Gattsek can't afford the $700 plane ticket to visit her boyfriend in Atlanta. Plus, she has to work on Christmas Eve. With nothing much to look forward to, she's suffered from low energy since Thanksgiving and has a bad case of the holiday blues.

Why it's easy to hate the holidays

The holidays are supposed to be the happiest time of the year, yet for many, they trigger deep feelings of sadness and anxiety.

"There's so much emphasis on family and celebration, but it's hard if you're dealing with difficult memories or reminders that you're not close to your family," says [Sharon Melnick](http://sharonmelnick.com/), author of "Success Under Stress: Powerful Tools for Staying Calm, Confident and Productive When the Pressure's On."

"It can feel like there's a big gap between what other people are experiencing and what you're experiencing."

Add the financial pressure of gift-giving, cold weather and lack of sunlight, and those are prime conditions for a world-class **funk**. But unlike [seasonal affective disorder (SAD)](http://dailyburn.com/life/lifestyle/sad-cope-with-seasonal-affective-disorder/?partner=cnn&mtype=5&sub_id=12192014_holidayblues&utm_source=cnn&utm_medium=cnn&utm_campaign=12192014_holidayblues&utm_content=12192014_holidayblues), which is estimated to affect up to 20% of Americans, it's unknown how many people suffer from the holiday blahs.

[DailyBurn: 7 disastrous holiday desserts (and healthier swaps!)](http://dailyburn.com/life/health/worst-holiday-desserts-recipes/?partner=cnn&mtype=5&sub_id=12192014_holidayblues&utm_source=cnn&utm_medium=cnn&utm_campaign=12192014_holidayblues&utm_content=12192014_holidayblues)

"It's important not to classify all winter doldrums as SAD," explains [Sarah Eckfeldt](http://therapists.psychologytoday.com/rms/name/Sarah+T.+Eckfeldt,+LCSW_New+York_New+York_205203), a **psychotherapist** in New York City. "Many people experience a drop in mood in anticipation of the holidays because they might be sad over a recent breakup or spending the first holiday after the death of a loved one and could benefit from talking to a therapist."

The good news: Seasonal doldrums tend to fade once the festivities are over (and if they don't, consider seeking professional help). In the meantime, here are some tips to help you improve your mood over the next two weeks:

[DailyBurn: 19 ways to trick yourself into becoming a morning person](http://dailyburn.com/life/lifestyle/how-to-become-a-morning-person/?partner=cnn&mtype=5&sub_id=12192014_holidayblues&utm_source=cnn&utm_medium=cnn&utm_campaign=12192014_holidayblues&utm_content=12192014_holidayblues)

1. Seek social support

Meghan Day was seized with sadness earlier this month after decorating her Christmas tree alone.

The activity was intended to make her feel better about creating her own holiday traditions; she had separated from her husband a year earlier.

"It all feels really strange and new. It's hard not to get in a down place about being alone this time of year," she says. Since the start of the holiday season, she's struggled to get out of bed in the morning and hasn't felt like going out after work.

When the blues strike, who wouldn't want to hide at [home in yoga pants](http://dailyburn.com/life/fitness/dailyburn-postnatal-yoga-workouts/?partner=cnn&mtype=5&sub_id=12192014_holidayblues&utm_source=cnn&utm_medium=cnn&utm_campaign=12192014_holidayblues&utm_content=12192014_holidayblues?)? Make yourself go out anyway, Eckfeldt advises.

"Hibernation and isolation can feed a depressed mood," she says. "Surround yourself with friends, even if you don't feel like it. Not only are you distracting yourself from your possibly blue thoughts, but being out with others provides you with opportunities for pleasure and joy."

Feeling wary about making small talk? You can skip those parties, she says. Instead, make plans with small groups of friends. Just having a few events on her calendar to look forward to has helped Day feel more connected to those around her. "It's been good to share how I'm feeling with someone other than my therapist," she says.

She's also taken the opportunity to explore new things to do that don't involve pricey dinners or drinks. "Staying out late drinking is exhausting, and not good for my health. It tends to bring me down more than make me feel better," she says. On her calendar this month: A Broadway play and a Knicks game.

2. Get to the gym

When Gattsek's holiday blues set in, she found herself skipping workouts with her running group. But foregoing fitness only deprives you of the [exercised-induced endorphins](http://dailyburn.com/blackfire?partner=life&mtype=5&ldate=12192014&grp=health&crtv=holiday-blues-cnn&utm_source=life&utm_medium=life&utm_campaign=health&utm_content=holiday-blues-cnn) that might help boost your mood.

The challenge is getting yourself there when you least feel like it.

"Resist any excuse not to go," says Eckfeldt. "Or make a bargain with yourself that you only have to exercise for 10 minutes. Your heart rate will start to rise, and most likely you'll stick it out longer because you're already there."

Better yet, plan a workout with a friend so you're less likely to flake out. Day gravitates to group fitness classes with high-energy music to keep her spirits up. And on days when Gattsek doesn't want to run, she opts for a spinning class or trying out the new yoga studios in her neighborhood.

3. Don't look at Facebook

Even though you know that most people only post their happiest moments on [social media](http://dailyburn.com/life/fitness/best-instagram-accounts-2014/?partner=cnn&mtype=5&sub_id=12192014_holidayblues&utm_source=cnn&utm_medium=cnn&utm_campaign=12192014_holidayblues&utm_content=12192014_holidayblues), it's easy to lose perspective and get a serious case of FOMO (fear of missing out).

"You can't compare yourself to others' highlight reels of their lives," says Melnick, who advocates that less Instagram is more when you're in the dumps.

Gattsek believes limiting her consumption of Facebook is helpful during the holidays. "The second I read something that makes me feel jealous, I shut it off," she says.

Reach out to your close friends via phone or text message when you feel like connecting with people. You'll get more satisfaction hearing updates from people you actually like, rather than tons of people you haven't seen in years.

4. Reframe your thinking

If you feel isolated, it's important to remember you're still in charge of your life.

"The way to bring more abundance into your life is to give first," urges Melnick. "Find opportunities to volunteer. Meet people. Attend events." Instead of feeling left out of others' holiday plans, Gattsek says she's started thinking of the break as free time to do whatever she wants -- even if that means spending the day in bed with her cats and Netflix.

"I'm also trying to recognize that it's a challenging time and that it's OK to feel overwhelmed and sad," says Day.

Finally, it helps tell yourself that the holidays are just a season that will soon pass. In the meantime, Gattsek tells herself she just has to make it to New Year's Eve. "My holiday blues usually last until the stroke of midnight," she says. "Then I become optimistic about the coming year."

If you struggle with serious and continuous depressive symptoms, be sure to reach out to a healthcare provider to discuss your condition. For additional [information on depression,](http://www.nimh.nih.gov/health/topics/depression/index.shtml) head to the National Institute of Mental Health.

## [Decompress] Live in a well-balance life

<http://edition.cnn.com/2014/11/19/health/stress-free-acceptance/index.html>

Learn to live with it: Becoming stress-free.

People in the world over believe that stress comes from external sources. One complains of a **nagging wife** or **hysterical husband**. Another finds fault with the demands of work or the exploitation of management. Someone else **grumbles(complain and nag continuously)** at summer being too **scorching酷热的** or winter being too cold.

Everyone thus lives with the belief that factors outside themselves produce stress -- so their entire focus is on correcting the external world. Yet despite our best efforts to fix these external factors, the problems remain unsolved and our minds continue to **be consumed by stress (e.g. I’m totally consumed by work/study that I forgot to eat).**

**Pleasure or pain, joy or sorrow, happiess or misery, peace or stress** -- these are not found in external objects or beings. They are found in the relationship you have with those things.

For example one person finds pleasure in smoking cigarettes. Another detests them. One man may go to his lawyer to divorce his wife while another waits, desperately wanting to marry her. A cigarette produces pleasure to one, pain to another. The same lady produces joy for one, sorrow for another.

In life, be it with business or family, relationships matter. **Lack of a proper relationship (e.g. family relationship) leads to frustration and builds up stress**. **Ironically**, people take utmost care to choose the "right partner," but fail to set up the "right relationship" with that person -- and lose peace and harmony in the process.

It is not whom or what you meet in life that matters but how you meet it. **Your relationship with the world is entirely dependent on the nature of your inner personality. Your inner personality comprises two things: the mind and the intellect['ɪntəlekt]智力，理解力；知识分子；思维逻辑领悟力；智力高的人**

The mind desires and feels.

The intellect reasons, judges and decides. When the intellect loses control over the mind's desires, you become disturbed. Stress is the mental **agitation** caused by unfulfilled desires. Thus the fundamental requirement for a stress-free life is to develop a strong intellect and control desires.

Intellectual strength is distinct and different from intelligence.

Intelligence is mere storage of information -- knowledge acquired from external sources and educational institutions, from teachers and textbooks. Any amount of intelligence cannot, per se, develop your intellect. The intellect is developed by individual effort through exercising one's faculty of questioning and reasoning.

**Agitate, agitation**

**1.[U] when you are so anxious, nervous, or upset that you cannot think calmly**

**焦虑，紧张不安 e.g. She was in a state of considerable agitation. 她处于相当焦虑的状态。**

**2.[C,U] public argument or action for social or political change 煽动，鼓动 [+ for/against] e.g. mass agitation for political reform 要求政治改革的大骚动**

**3.[U] technical the act of shaking or mixing a liquid〔液体的〕摇动；搅动**

With the lack of development of the intellect, people fail to understand that every human being is distinct and different from another -- that each is governed by his or her own singular nature.

Therefore, we should assess the nature of each human individually. But few follow this practice in life. Without making individual assessments you are not able to relate to others properly. As a result, you expect one to behave differently from one's fundamental nature.

How can you expect **a hysterical boss歇斯底里** to conduct himself in a calm and composed manner at office? How can you expect **a nagging wife唠叨的** to be understanding and **accommodating容忍的** at home? How can you expect bubbling teenagers to be mature and objective?

Since you fail to assess their individual characters you find them all faulty in their behavior. You attribute these "faults" to those who helplessly express their inner nature. You do not realize that you err in expecting them to conduct themselves differently from their basic quality and character.

You expect the impossible.

Your erroneous hopes and expectations cause you stress. All **grumbling** **tantamount** to, "Oh! Why is a lily not an **oak橡树**?" **Assessment does not stop with human beings alone. You need to assess the nature of the country you live in, the community you associate with, the company you work for, etc**.

A typical example of a wrong assessment is complaining about the weather. Every morning people are either elated over its brightness or depressed by its dullness. The **fluctuations** of the weather should affect **the weather vanes**, not humans. Yet people turn schizophrenic over the routine changes in weather. They complain of cold during winter, **scorching 酷热的heat** in summer or wetness all through the **monsoon**. The **grumbling(complain and nag continuously)** never ends.

When something goes wrong in the external world and it can be corrected, do so. If, however, it is not possible to correct it, you must learn to live with it and stand it, or just move to another better place. If you do not, you will feel disappointed, even despaired-- and therefore, stressed. (e.g. I don’t like living in Xi’an)

Remember: **You make yourself, you mar (玷污，损坏，毁坏) yourself. You are the architect of your fortune. You are the architect of your misfortune.**

Learn to look at persons, beings and things, environments and situations, as what they are and not what you would like them to be. Doing so will help you appreciate the wondrous phenomenon of nature. And become free from stress.

## [Decompress] Why happiness is healthy

<http://edition.cnn.com/2014/03/20/health/happiness-wellbeing-health/index.html>

Happiness -- you know it when you see it, but it's hard to define.

You might call it a sense of well-being, of optimism or of meaningfulness in life, although those could also be treated as separate entities. But whatever happiness is, we know that we want it, and that is just somehow good.

We also know that we don't always have control over our happiness. Research suggests that genetics may play a big role in our normal level of subjective well-being, so some of us may start out at a disadvantage. On top of that, between unexpected tragedies and daily habitual stress, environmental factors can bring down mood and dry up our thirst for living.

Being able to manage the emotional ups and downs is important for both body and mind, said Laura Kubzansky, professor of social and behavioral sciences at Harvard School of Public Health.

"For physical health, it's not so much happiness per se, but this ability to regulate and have a sense of purpose and meaning," Kubzansky said.

**Why be happy?**

Many scientific studies, including some by Kubzansky, have found a connection between psychological and physical well-being.

[A 2012 review](http://www.ncbi.nlm.nih.gov/pubmed/22506752) of more than 200 studies found a connection between positive psychological attributes, such as happiness, optimism and life satisfaction, and a lowered risk of cardiovascular disease. Kubzansky and other Harvard School of Public Health researchers published these findings in the journal Psychological Bulletin.

It's not as simple as "you must be happy to prevent heart attacks," of course. If you have a good sense of well-being, it's easier to maintain good habits: Exercising, eating a balanced diet and getting enough sleep, researchers said. People who have an optimistic mindset may be more likely to engage in healthy behaviors because they perceive them as helpful in achieving their goals, Kubzansky said.

Lower blood pressure, normal body weight and healthier blood fat profiles were also associated with a better sense of well-being in this study.

[Why trying to make your kids happy can backfire](http://cnn.it/1BVzHKU)

For now these studies can only show associations; they do not provide hard evidence of cause and effect. But some researchers speculate that positive mental states do have a direct effect on the body, perhaps by reducing damaging physical processes. For instance, another of Kubzansky's studies found that optimism is associated with lower levels of inflammation.

If what you mean by happiness is specifically "enjoyment of life," there's newer evidence to support that, too. [A study in the Canadian Medical Association Journal](http://www.ncbi.nlm.nih.gov/pubmed/24446463) found that people ages 60 and older who said they enjoyed life less were more likely to develop disability over an eight-year period. Mobility was also related to enjoyment of life. This study does not prove that physical problems are caused by less enjoyment of life, but suggests a relationship.

**Where happiness comes from: genes + environment**

There is substantial evidence that genetics play a big role in happiness, according to Nancy Segal, psychologist at California State University, Fullerton, and author of "Born Together -- Reared Apart."

Research has shown that identical twins tend to have a similar level of happiness, more so than fraternal twins. And in identical twins, one twin's happiness is a better predictor of the other twin's current or future happiness than educational achievement or income, Segal said.

[10 ways to get happy](http://www.cnn.com/2015/03/19/living/feat-project-happy-10-ways/index.html)

"If you have happy parents and happy children, I think that people usually assume it's because the children are modeling the parents," she said. "But that's not really so. You need to make the point that parents pass on both genes and environments."

What's more, there seems to be a certain level of happiness that individuals have generally, to which they usually gravitate, Segal said. That level depends on the person, and the situations he or she is in.

Even if genetics has a big influence, though, that doesn't mean anyone is biologically stuck being unhappy, she said. It might take more work if your baseline mood is low, but certain therapies have proven useful for elevating psychological well-being.

The environment is still quite important for psychological well-being, too, Kubzansky said.

"To say to someone, 'Don't worry, be happy,' is kind of not looking at the whole picture of, what are the environmental constraints on things they can do?" Kubzansky said.

[Loneliness: 5 things you may not know](http://www.cnn.com/2014/02/19/health/lonely-research/)

**Money and time**

You might be thinking: "Maybe I would be happier if I had more money." There's that old cliché "money doesn't buy happiness" -- but is it true? [A 2010 study in Proceedings of the National Academy of Sciences](http://www.pnas.org/content/107/38/16489.full) found that emotional well-being rises with income up to a point, which seems to be a household income of $75,000. Day-to-day happiness did not increase with higher incomes.

But when participants were asked about overall satisfaction with their lives, that did continue to rise in conjunction with income, even after $75,000, Princeton University researchers Daniel Kahneman and Angus Deaton found. Their results show a sharp distinction between how people see themselves in terms of happiness "today" vs. life satisfaction.

"More money does not necessarily buy more happiness, but less money is associated with emotional pain," Kahneman and Deaton wrote. "Perhaps $75,000 is a threshold beyond which further increases in income no longer improve individuals' ability to do what matters most to their emotional well-being, such as spending time with people they like, avoiding pain and disease, and enjoying leisure."

[More on money (not) buying happiness](http://thechart.blogs.cnn.com/2010/09/06/more-on-money-not-buying-happiness/)

Would you be happier if you bought the car you always wanted? Several studies suggest experiences make us happier than possessions. That's partly because once you have purchased something, such as a new car, you get used to seeing it every day and the initial joy fades, experts say. But you can continue to derive happiness from memories of experiences over time.

Experiences form "powerful and important memories that I wouldn't trade for anything in the world," Thomas Gilovich, professor of psychology at Cornell University, told CNN in 2009.

But if you're in the market for a birthday present for your sweetheart, a material object can still be meaningful, becoming a keepsake with sentimental value that increases over time, Gilovich said.

[Study: Experiences make us happier than possessions](http://www.cnn.com/2009/HEALTH/02/10/happiness.possessions/)

Or maybe you'll be happier once you've lived longer. Research has also found that some sense of happiness may come with age.

Older adults may be able to better regulate their emotions than younger people, expose themselves to less stress and experience less negative emotion, Susan Turk Charles, a psychologist at the University of California, Irvine, told CNN in 2009. More science needs to be done on whether the diminished negative response is also associated with a feeling of happiness.

[More happiness may come with age, studies say](http://www.cnn.org/2009/HEALTH/08/11/happiness.emotion.age/index.html)

**Happiness: Living in the moment**

But what about right now -- what can we do to make ourselves feel more positive?

If you're seeking to increase your own sense of happiness, try mindfulness techniques. Mindfulness means being present and in the moment, and observing in a nonjudgmental way, Susan Albers, psychologist at the Cleveland Clinic, told CNN in 2010.

[Can mindfulness help manage pain and mental illness?](http://www.cnn.com/2010/HEALTH/11/16/mindfulness.therapy.meditation/index.html)

Mindfulness comes from Buddhism and is key to meditation in that tradition. Therapies for a wide variety of conditions, including eating disorders, depression and PTSD, incorporate mindfulness. Focusing on the here and now is a counterbalance to findings that [mind-wandering is associated with unhappiness](http://thechart.blogs.cnn.com/2010/11/11/spacing-out-can-make-you-unhappy/).

Activities such as keeping a gratitude diary and helping other people are also associated with feelings of well-being, Kubzansky said.

[A variety of smartphone apps](http://www.cnn.com/2012/09/27/health/mental-health-apps/) are also available that claim to help you monitor and enhance your moods. But don't feel you have to face emotional challenges alone; a professional therapist can help you get to where you want to be.

If a sense of well-being makes a healthier person, then policy-makers should also promote large-scale initiatives to encourage that, Kubzansky said. Creating parks to encourage exercise and insituting flexible work-family initiatives are just some of the ways that communities can become healthier as a whole.

So remember: A glass half full might be healthier than a glass half empty.

## [Decompress technique] Yoga, Three yoga tips to stress less this holiday season

<http://edition.cnn.com/2014/12/10/health/yoga-holiday-stress/index.html>

There's no escaping -- it's the season for stress! Whether you love them or dread them, the holidays tax our bodies and our minds. Spending hours on your feet shopping and cooking, the constant temptation to overeat and drink, navigating the holiday social scene -- they all take their toll.

During the holidays, we're often bombarded with more stress than any other time of year. This is especially true if you're playing host or traveling to visit friends and family.

The holidays require a great deal of physical and mental energy to handle these seasonal demands of cooking for and entertaining (and sometimes even refereeing) a house full of extended family. Traveling over the holidays -- especially with children -- can try the patience of even the jolliest souls.

For some, the holiday season can also trigger serious feelings of sadness. Many, particularly those afflicted with seasonal affective disorder, are sensitive to the shorter, darker days. And, if you've experienced a recent loss of a loved one or can't spend time with your family, you might find it especially difficult to get in the holiday spirit even at spirited events.

So how can you stress less and enjoy more this holiday season? Try these simple yoga-inspired techniques to revitalize your body and mind while calming your nerves -- eorry not, there's no mat required:

**Stretch away your stress**

If seasonal stress has you feeling frazzled, fatigued or down, try this opening, a lengthening stretch to induce feelings of calm and confidence.

A 2010 Harvard study showed that holding an open posture for two minutes lowers cortisol (a major stress hormone) and increases testosterone (a confidence-inducing hormone).

While standing, simply raise your arms above your head at shoulder distance. Take five long, deep breaths. Then inhale as you reach and hold your left wrist with your right hand; exhale as you side bend your entire body to the right, stretching out your left side. Hold for a breath or two. Inhale as you return your arms straight above your head.

Repeat on the other side.

**Get-off-your-feet pose**

Too much time on your feet socializing, cooking or shopping? For optimal stress-relieving results in the least amount of time, take your feet above your heart.

Simply lie on your back with your legs elevated by a pillow, up on a chair or even straight up the wall (known as legs-up-the-wall pose in yoga).

Just 30 to 60 seconds like this will take the pressure off tired legs, improve circulation and decrease swelling. This is also a good way to relieve ankle and leg edema after flying or traveling in a car for a long.

**Breathe your way to calm and control**

First, focus on exhales as sighs of relief:

Another flight delay? Uncle Arnold talking politics that are not your own at the table? You might catch yourself sighing. That's good -- take the cue from your autonomic nervous system and repeat that sigh of relief, just bigger and more intentionally as an extended exhalation.

Relax your shoulders, neck and upper back. Inhale through your nose and exhale out your mouth, emphasizing your exhalation. Be sure to release your rib cage downward as you exhale fully.

Repeat five or more times to feel a relaxation response in your body and mind. Deep, diaphragmatic breathing engages our parasympathetic nervous system (the opposite of our fight-or-flight system) and inhibits our body's production of stress hormones. It also stimulates feel-good hormones, such as serotonin and dopamine, a neurotransmitter essential to mood regulation.

Secondly, breathe in self-control to avoid overindulging:

It's a common tip to count your chews while eating but that can be tedious and unrealistic. Instead, take two or three long, deep breaths in between bites to slow down your pace, giving you more time to be present and aware of your choice to take another bite -- or not. It also enhances your ability to focus on the sensations of your food -- the smell, taste and texture --and heighten the pleasure of eating.

Follow these simple steps, and you will be quickly back in a festive mood.

## [Decompress technique] Yoga

<http://edition.cnn.com/2017/07/19/health/rishikesh-new-york-yoga-day/index.html>

They arrive by the hundreds, walking through metal detectors, placing their belongings on conveyor belts to be X-rayed.

They're passing through intense security in search of serenity.

It's a warm New York evening, and these seekers are streaming onto the North Lawn of UN Headquarters to take part in the International Day of Yoga, a mass celebration of a discipline believed to date back thousands of years.

Among them are seasoned yogis in matching outfits who stand on their heads to relax. A landscape contractor in jeans kicks off his work boots and admits he's never done this before. A mother brings her two young children, determined to give them a break from their iPads.

Sirens and traffic roar along nearby streets as a guru from halfway around the world takes the stage with his right-hand colleague and other like-minded guides.

For at least a few hours, Rishikesh has come to the Big Apple, and I'm here to reclaim something I once found.

Rushing toward tranquility

A sea of pedestrians moves me along. Surrounded by strangers, many wearing earbuds or staring at gadgets, I cross against reds, too impatient to stop and stand still.

Yoga on the lawn is still 24 hours away, but I can't wait.

I'm off to see two people who once helped change my life. They're spiritual leaders from the largest ashram in Rishikesh -- one of India's spiritual hot spots -- and they're here to carry the message of yoga's power.

Hindu pilgrims have long made their way to Rishikesh, considered the birthplace of yoga -- and the yoga capital of the world. So have Westerners seeking enlightenment, ever since the Beatles went in 1968 to study Transcendental Meditation with the late Maharishi Mahesh Yogi.

I went for several weeks in 2014 to write about those who flock there, what they're searching for and what they find. What I didn't see coming was a transformation of my own, one that freed me of long-held hurts and opened my heart in new ways.

That gift stayed with me for a while. But 8,000 miles away and three years later, ugly politics, threats from social media trolls, even the mundane challenges of rush hour gridlock can chip away at tranquility.

There's no tranquility for the man on a bicycle who screams obscenities at the taxi driver who cut him off. Or the woman who groans and rolls her eyes when a slow-walking tourist blocks her path.

The honks of cars sound an urban symphony as I turn the corner toward the building where my Rishikesh friends are staying.

I stroll by the tony Plaza Hotel, peer up at addresses along Central Park South and pass a Trump property. I laugh to myself, thinking about the contrast between where they've come from and where they've landed.

'Face your book'

The first time I spoke with Swami Chidanand Saraswatiji, we sat on thin mats atop a cow-dung floor inside the ashram he leads in the foothills of the Himalayas.

This time, inside a devotee's apartment, the floors are pristine marble, and we sink into designer furniture while overlooking Central Park.

Swamiji, as I came to know him, wears saffron robes, and his smile is as gentle and warm as I remember. He places his hands over his heart in greeting.

We speak about what he hopes to convey during this trip, and his wisdom and gift for wordplay is still evident:

"The internet can take you to the world of information, but the 'inner-net' can take you to the world of inspiration."

"Going on Facebook is not enough. You have to face your book also. When you face your book, you know where you stand."

"Whether you're becoming bitter or better, whether you're in peace or in pieces ... you have to watch. You have to introspect."

I learn that this man, who spent eight years of his childhood meditating alone in a jungle, has been to New York City 90 times -- but has never visited the Statue of Liberty. I can't help but ask what he makes of this chaotic concrete jungle.

"Chaos is not outside of us; chaos is inside of us," he answers. "In the chaos also you can find calmness. In the midst of the noise also you can be noiseless. That's what yoga gives you."

This sounds great, but what if the world around you, the work you do, the tensions of your nation fuel your anxiety? How can you possibly find calmness or manage your stress?

Focus on "self-management," Swamiji, 65, says with a knowing grin. "All is not well until you are well. Simple!"

I tell him I need to work harder to follow his advice.

"Rishikesh," he answers. "Recharge your batteries and come back."

Interrupting the calm

It was easy to stay grounded in a place where my days revolved around yoga classes, meditation, meetings with holy men in caves and sessions with gurus. But holding on to what I felt in Rishikesh ebbs and flows back home, which is what brings me to the UN's North Lawn.

Tables are covered in products that promise fulfillment. There's a cookbook for the body and mind, a stack of Ayurvedic soaps for holistic cleansing and a copy of "Meditation & Mantras" by Swami Vishnu Devananda.

People get situated on their yoga mats. But before they embrace stillness, they bat around the names of their favorite studios, pass around pamphlets for retreats and offer CDs bearing titles like "The Miracle of You."

A woman wearing a hijab sits, legs crossed and eyes closed. A businessman in a suit can't resist glancing at his phone and tiptoes away to make a call. Another woman begins to weep while thanking the manager of a Catskills ashram for changing her life.

On the stage overlooking the lawn, Swamiji sits cross-legged in his chair. He's joined by other yoga experts, a kirtan master and musician, a spoken-word performer and Sadhvi Bhagawati Saraswati, a woman he works with who's become his sidekick of sorts.

Sadhviji, as I call her, emerged a friend and a touchstone during my time in India.

Originally from Los Angeles, Sadhviji has called Rishikesh home for more than 20 years.

She shares Swamiji's spiritual outlook as well as his commitment to protecting the environment. She also directs the International Yoga Festival each year at their ashram, Parmath Niketan.

She speaks of yoga's ability to promote balance, an ethical life, and physical and mental well-being. How one gets to yoga -- through meditation, chanting or physical exertion -- is less important than getting there.

She likens it to the sacred river Ganga, or the Ganges, which is believed to give life, rejuvenate and liberate. It changed her from the moment she arrived in Rishikesh and dipped her feet in the water.

It doesn't matter if you walk into the Ganga from a sandy beach, step into it from marble steps or leap into it from a rock, she says. "The goal is to get in. It's the same with yoga."

Across the North Lawn, the crowd of seekers follows the cues from the teachers on stage, closing their eyes, bringing themselves into the moment.

My eyes remain open as I take notes, and between their moments of calm, I feel the vibrations of my work phone as new emails come in.

The seekers follow instructions, drawing energy toward their spines and connecting "to the universal energy of the breath."

My phone vibrates, alerting me to a bombing in Brussels.

They twist their bodies into triangle pose, exhale slowly and relax.

My phone reminds me of Otto Warmbier, the American who died the day before after being released from North Korean custody.

They pray for peace and listen to reminders to "meet hate with love, meet fear with compassion."

My phone prompts memories of Michael Brown, the unarmed black 18-year-old whose wrongful death lawsuit has just settled.

"Be a yogi that dares to care about the happiness and freedom of all beings without exception," one of the teachers says to those assembled.

My phone tells me more about Nabra Hassaneen, a Muslim teen who was killed near a Virginia mosque days before.

Fluffing my aura

Sadhviji and I exchange texts the next morning. I hope to steal some time with her and Swamiji before my flight home.

I feel like I need more, that there are questions I still want answered. I don't even know exactly what I want to ask, but anything else they can give me, I'll take.

The wi-fi seems to be down, and my cell is running out of juice. I pack up, count my electronics -- two phones, a laptop, a FitBit -- but don't seem to have enough chargers.

The results of a special election back home bring a flood of Facebook posts, replete with expletives and testimonies of tears. My phone buzzes: It's my chiropractor and massage therapist, reminding me it's time for a tuneup. On the television, morning news pundits debate the future of health care in the US.

I imagine that while all of this goes on, Swamiji is deep in meditation and completely unfazed.

I return to the UN to attend a "Conversation on Yoga for Health," but also because I'm told I can meet with Swamiji after the talk. Security won't let me on the chamber floor, though, so I sit in my seat up above and watch.

A woman beside me, visiting from California, offers me her CD of music and a link to her website. She calls herself a "Shamanatrix" and is in the business of promoting a "Love.o.lution." She hands me an "aura fluffer" wand, colorful feathers connected to a looped pipe cleaner. By waving it around my head and body, she shows me, I can offer myself kindness and compassion. She hopes it will make me smile. It does; I can't stop grinning.

Swamiji and Sadhviji are joined by other headliners, including an acclaimed Bollywood actor, a CEO who's brought mindfulness to the workplace and a former NFL player-turned-yogi. An official from the World Health Organization lays out yoga's benefits, how it helps reduce high blood pressure, strengthen pulmonary function and prevent depression and stress.

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Swamiji, who likes to say "meditation is the best medication," recalls the saints who lived in caves in the jungle where he meditated as a boy.

"No Pizza Hut, no Starbucks, no Amazon.com -- nothing was available," he says. "Nothing was set in their lives ... but personally, they were set. Their minds were set; their hearts were set; they were happy all the time."

And as a result, he says, their health was set. What he sees today is a world in need of an adjustment.

"In our lives, everything is set, but we are upset," he says. "What is the key to being set and healthy in body and mind? The answer and the secret is yoga."

We don't need to retreat to caves in the mountains above Rishikesh to find the answers, he says. "You can create your own cave right here."

The session ends, and people swarm around them on the chamber floor. I stand from my seat and watch. I'm too far to reach them and know, given my flight back home, that I won't have time to wait.

But I also realize I don't require any more guidance from my Rishikesh teachers. These past few days have reminded me: What I need is already inside me.

So with my "aura fluffer" in hand, I walk back onto the city streets, where I stop at every red light, stand still, smile and breathe.

## [Decompress technique] Recovering from surgery or stress? Yoga can help

<http://edition.cnn.com/2017/02/17/health/yoga-surgery-recovery-restorative-fitness-santas/index.html>

Last year, I underwent surgery, intended to repair an incisional hernia stemming from a cesarean section when I had my youngest son.

In my career as a mobility coach in professional sports, I've helped numerous athletes rehabilitate from sports hernia surgeries, so I was familiar with the recovery process and had set my expectations accordingly.

However, during my surgery prep and procedure, the doctor discovered that the damage to my core was considerably more than just a hernia.

It required a 6-inch incision to excise my old scar and provide access for the extensive repair, reattachment and remobilization of my primary core muscles. Consequently, my rehabilitation process was much more challenging than anticipated.

Despite having prepared myself mentally and physically for hernia surgery, I was not ready for the post-surgical reality of a major core repair. Honestly, during that first week, between the pain, swelling and immobility, I felt like an alien in a human meat suit -- completely disconnected from my body.

That's when relying on my restorative yoga training was essential, especially for my mental health.

[[](http://edition.cnn.com/2016/11/25/health/sweat-out-stress/index.html)](http://edition.cnn.com/2016/11/25/health/sweat-out-stress/index.html)

[Six ways to sweat out stress](http://edition.cnn.com/2016/11/25/health/sweat-out-stress/index.html)

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Whether you need to recover from a stressful day, a strenuous workout or even an injury or surgery, restorative yoga may be just the thing for you. In fact, if you're recovering from surgery, it may be one of the only forms of exercise that's safe and effective.

What's more, its focus on fostering a mind-body connection can help you overcome that awful post-surgery funk that comes from feeling out-of-touch with your sore, swollen body.

Although some forms of yoga, such as power and vinyasa, can be quite strenuous, restorative yoga is much gentler, encouraging the use of props like pillows and blankets to facilitate relaxation. It's all about initiating our parasympathetic nervous system, the "rest and restore" aspect of our autonomic nervous system that stimulates the body's processes for restoration and recovery, such as digestion, sleep and tissue repair.

In fact, because of its physiological benefits, [research](http://europepmc.org/abstract/med/21741471) suggests that the use of restorative yoga-based practices can actually decrease healing time.

Because I know I'm not alone in my surgery and recovery experience, I'm sharing four of the most effective exercises from the restorative yoga practice I've been doing. It may seem like a lot of lying around and relaxing. That's because it is! For many people, putting in the time, effort and focus to heal properly is the hardest part.

Personally, it's where I struggle the most, because I always want to do more.

Although these gentle exercises are safe for most people, if you're rehabbing from surgery or an injury, check with your doctor for approval.

Diaphragmatic breathing with mantra meditation

Diaphragmatic breathing is your most efficient and effective ally in the recovery process. It takes only 90 seconds of deep breathing to begin decreasing your heart rate and blood pressure and stimulating aspects of your nervous, endocrine and circulatory systems that promote relaxation and restoration.

[[](http://edition.cnn.com/2016/03/24/health/back-exercise-pain-prevention-yoga/index.html)](http://edition.cnn.com/2016/03/24/health/back-exercise-pain-prevention-yoga/index.html)

Take a comfortable position sitting or lying down. I like putting my legs on a bolster to raise them above my heart for added benefits (more on this in "legs-up-the-wall" instructions below).

To establish [diaphragmatic breathing](http://www.cnn.com/2015/10/08/health/breathe-like-pro-athlete/), focus your attention on the lowest lobes of your lungs and the corresponding lower-rib movement. When you inhale deeply, your lower ribs externally rotate, expanding outward. When you exhale completely, your lower ribs internally rotate, moving in and down.

Once you've established a long, deep breath, begin repeating a mantra to coincide with each inhalation and exhalation. A mantra is a single word or phrase intended to help shape our thoughts in positive ways. Some of the world's most successful leaders, like Steve Jobs, have been known to use mantras. Take 10 or more long deep breaths, repeating your mantra in synch with your breathing.

This has been my mantra during my recovery:

Inhale: I am healthy.

Exhale: I feel strong.

Supported fish pose

Lie supine on a bolster or large pillow so that your entire back, shoulders, neck and head are supported. As long as you don't experience low-back pain, extend your legs straight out on the floor. Otherwise, you can modify by bending your knees. Let your arms rest out to the sides to create an opening sensation.

This pose releases chest, neck and shoulder tension. Once approved by your doctor, this can be effective for gently releasing scar tissue and adhesions in people recovering from heart, lung and breast surgeries.

Gentle is the key word here. Always listen to your body. Nothing about restorative yoga should feel cautionary or cause anxiety. As long as you're comfortable, remain here for 10 or more long, deep breaths.

Legs up the wall



Legs-up-the-wall pose, known as Viparita Karani in Sanskrit, is arguably the most popular restorative yoga pose. It's definitely my favorite. My body reacts to the stresses of surgery by producing a high degree of edema, especially in my legs. By changing our relationship with gravity and raising our legs above our heart, we promote venous blood flow that reduces swelling.

[[](http://edition.cnn.com/2015/09/23/health/five-minute-morning-yoga/index.html)](http://edition.cnn.com/2015/09/23/health/five-minute-morning-yoga/index.html)

To get into this posture, simply sit on the floor with your right shoulder and right hip a few inches from a wall. Lower your left shoulder toward the floor and swing your legs straight up the wall with your back and head resting on the ground.

If having your legs straight up is too much for you, modify by resting them on a chair seat with your knees bent. If you experience discomfort in your neck or back, place a thin pillow or folded blanket behind your head and/or hips. Remain in this posture for at least 10 long, deep breaths.

I usually stay in it for five to 10 minutes after practicing my rehab exercises or any time I start to feel swelling build in my lower body.

Progressive muscle relaxation (PMR)



You can do this exercise from sitting, standing or lying down. I prefer to do it flat on my back with arms and legs slightly open. The goal of this practice is to actively create a sense of relaxation throughout your body by first tensing each area to establish an awareness and connection.

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Establish diaphragmatic breathing and maintain it throughout the exercise. On an inhalation, close your eyes tightly while clenching your teeth to tighten your jaw. Exhale to release (but you can keep your eyes gently closed, if you prefer), softening your face, jaw and tongue.

Inhale fully, expanding every part of your ribcage, and hold your breath, creating tension in your chest, upper back and neck. Exhale to release completely.

Inhale and squeeze your hands into fists, tensing all the muscles of your arms. Exhale to release. Inhale to squeeze the muscles of your bottom and pelvic floor while tightening your abdomen. Exhale to release.

Inhale to curl your toes while trying to activate all the muscles of your legs. Exhale to release. Take 10 or more long, deep breaths while resting in awareness of a state of complete relaxation.

## [Decompress technique] Yoga strategies to stress less

<http://edition.cnn.com/2016/11/03/health/yoga-stress-strategies/index.html>

After dealing with months of stress-inducing election drama, many of us are feeling understandably tense and anxious -- myself included. That's why I'm sharing five of my favorite yoga-based ways to tame tension and regain peace of mind.

Because stress takes its toll both mentally and physically, yoga's mind-body approach can be very effective at reducing its impact. As a widely recognized stress-relieving practice, yoga has been shown to mitigate the body's physiological response to stressors. Its primary effectiveness is based on helping practitioners switch from their sympathetic "fight or flight" nervous system to their parasympathetic "rest and restore" nervous system.

The following five strategies offer ways to leverage yoga's ability to calm the nervous system as well release physical tension and emotional unease. If you're looking to tame tension and find peace, give them a try.

Practice a peaceful pause.

When you notice yourself reacting to a stressor, like a negative news story or an overly opinionated friend or neighbor, it's helpful to have a means of regaining your sense of peace and composure. Practicing yoga breathing and mindfulness meditation have both been proven to dramatically reduce mental and physical stress; mindfulness meditation was even recently shown to relieve [chronic back pain](http://www.cnn.com/2016/03/24/health/back-pain-relief-meditation-mindfulness/).

The simplest way to meditate is by focusing on your breath. As the only aspect of our autonomic nervous system that we can control, [breathing](http://www.cnn.com/2015/12/23/health/holiday-stress-busting-breathing/) is truly a stress-busting superpower that grants us access to the physiological processes that make us feel stressed. According to Harvard Medical School's Dr. Herbert Benson, we can use our breathing to elicit a "relaxation response," lowering heart rate, blood pressure and stress-hormone production.

To put this into practice, sit comfortably with your eyes closed and focus on your breathing. Establish a count as follows: five-count inhale, seven-count exhale and three-count pause. Take a minimum of 10 breaths in this manner, but ideally, try to build up to four sets of 10 breaths. This should take about 10 minutes.

Roll stress off your shoulders.

Emotional stress manifests as physical stress, especially in the neck and shoulders. To release upper-body tension, from standing, clasp your hands behind your back and straighten your arms to the best of your ability as you look up, opening your chest, neck and shoulders. Hold the posture for a few breaths. Release and repeat. You can also shrug off shoulder and neck stress with some shoulder rolls and gentle head turns, like you are shaking your head "no" slowly. Think: stress -- no, no!

Twist away tension.

Because muscles work in chains, tension that starts in one area can quickly spread throughout our bodies, especially in our backs and hips. That's why I like to use a kneeling lunge twist that does double duty, twisting away back tension while releasing hip flexors (the muscles of the front of the hips).

To do the posture, start in a kneeling lunge with your right leg forward and left knee down, with your left toes curled under. Place your left hand on the outside of your right thigh. Rotate your straight right arm behind you with your palm facing up. Turn your head to follow your right arm. Draw your right shoulder blade down to keep your shoulder from lifting and neck muscles off. Take three long, deep breaths. Repeat on the other side.

If balance is an issue, begin with the left side of your body braced against a wall, so you can lean into it when needed. For added comfort, place a folded towel or mat under your back knee.

Strike a power pose.

Stress-induced anxiety can leave us feeling powerless. But research says you can pose your way back to a sense of power. Although its physiological effects are questionable, [research](http://pss.sagepub.com/content/early/2015/03/30/0956797614553946.extract) still showed that a majority of participants reported feelings of power while holding an expansive pose. So, regardless of the hormonal impact, if you want to feel powerful, strike an open-body power pose by standing with your arms overhead or outstretched or, even better, with your hands on your hips like Wonder Woman or Superman.

For an added sense of power, add a mantra or positive affirmation to your pose. Try one of these phrases that promote feelings of power: "I am confident" or "I feel strong." Repeat it out loud several times or simply concentrate on it for a moment while you hold your power pose.

Unplug, rest and recharge.

One of the most important strategies for easing stress is to give our bodies and minds time to recover. There's no substitute for a [solid night's rest](http://www.cnn.com/2015/03/26/health/sleep-better-yoga/), but sometimes even a short midday nap or 10 minutes lying down comfortably -- even if you're not sleeping or meditating -- can offer a profound recharge.

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We spend so much time "plugged in," receiving a constant influx of news and messages, that any time we can spend unplugged is worthwhile. Lie down comfortably with a bolster or pillow under your legs and set a timer for a desired length of time; eight to 10 minutes is a good starting point. Make sure you are in a different room than your electronic devices, and they're set to "do not disturb" or turned off. Close your eyes. Notice your breathing and the sense of release and comfort in your legs as they rest on the bolster.

If you'd like, you can focus on breathing exercises or meditation, but don't pressure on yourself do so. Try simply being comfortable and content. Allow yourself to think, but don't let yourself take any action on your thoughts; no checking your phone or writing anything down! Remain committed to simply being in your body in your relaxed posture for your designated amount of time, resting and recharging.

## [Decompress] Deal with your **“domestic dispute” 家庭纠纷 that is a stressor压力源**

<http://edition.cnn.com/2014/11/21/health/bad-marriage-heart-health-study/index.html>

If you are in an unhappy marriage, you may want to check in with a cardiologist.

A study led by a Michigan State University sociologist has found that older couples in bad marriages, especially wives, have a higher risk for heart disease than those who are happily wed.

The study, funded by the National Institute of Aging, was recently published in the Journal of Health and Social Behavior and sought to examine whether marital quality is related to risk of heart disease. It also looked at whether gender or age influenced the relationship between marriage and heart health.

Michigan State's Hui Liu and co-researcher Linda Waite, a sociology professor at the University of Chicago, analyzed five years of data from more than 1,000 married men and women who were participants in the National Social Life, Health and Aging Project. The participants ranged in age from 57 to 85.

Respondents completed surveys about the state of their marriages as well as lab tests and information concerning their heart health, including strokes, high blood pressure and heart attacks.

The researchers found that a bad marriage causes more harm to the heart than a good marriage offers positive benefits to cardiovascular health. The risks increase the older you are, according to the study, and the quality of the marriage has more of an effect on women -- possibly because they tend to internalize unhappiness more.

And because the immune system declines as we age, heart issues due to marital stress can be even more severe, it seems. Those sad love songs about heartbreak aren't just for young lovers.

"Marriage counseling is focused largely on younger couples," [Liu said on her university's website.](http://msutoday.msu.edu/news/2014/bad-marriage-broken-heart/) "But these results show that marital quality is just as important at older ages, even when the couple has been married 40 or 50 years."

## [Decompress] Deal with sleep problem, **narcolepsy  ['nɑːkə(ʊ)lepsɪ] ['nɑrkolɛpsi] n. 嗜眠发作 V.S. insomnia**

<http://edition.cnn.com/2017/10/24/health/sleep-research-narcolepsy-partner/index.html>

The science of sleep: Finding a cure for narcolepsy/ˈnɑːkəˌlɛpsɪ/ :[N-UNCOUNT](javascript:;)Narcolepsy is a rare medical condition. It causes people who suffer from it to fall into a deep sleep at any time without any warning. 嗜睡症

One of my first jobs was to keep a lookout for lions.

There are some occupations that are not suitable for someone with untreated narcolepsy and this is probably one of them.

I was 22, a recent zoology graduate studying meerkats in the Kalahari desert in South Africa. We worked in pairs, one of us on foot, walking with meerkats, the other in the jeep scanning the horizon for signs of leonine danger. On many occasions, I awoke with the imprint of the steering wheel on my forehead, realizing that meerkats and colleague had wandered out of sight. I would look for signs of life and, as the panic grew, signs of death.

I can tell this story now only because nobody got eaten.

I have not always been like this. For the first 20 years of my life, I had a healthy relationship with sleep. Shortly after my 21st birthday, though, I began to experience symptoms of narcolepsy, a rare but not-so-rare disorder thought to affect around one in 2,500 people.

If people know one thing about narcolepsy, it's that it involves frequent bouts of uncontrollable sleepiness. This is true, but the condition is so much more disabling, often accompanied by cataplexy (where a strong emotion causes loss of muscle tone and a ragdoll-like collapse), trippy dreams, sleep paralysis, frightening hallucinations and, paradoxically, fractured night-time sleep.

There is no cure. Yet.

What there is, though, is overwhelming evidence that the most common cause of narcolepsy is an autoimmune attack, where the body's immune system mishandles an upper respiratory infection and mistakenly wipes out the estimated 30,000 neurons in the center of the brain.

In an organ of up to 100 billion cells, this might not sound like too much to worry about. But these are no ordinary cells. They are found in the hypothalamus, a small, evolutionarily ancient and unbelievably important structure that helps regulate many of the body's basic operations, including the daily see-saw between wakefulness and sleep. The cells in question are also the only ones in the brain that express a type of protein called orexins (also known as hypocretins) that regulate wakefulness.

The answer to my problems appears to be simple -- I just need to get the orexins (or something similar) back inside my brain. So why am I still waiting?

Every dog has its day

In April 1972, a toy poodle in Canada produced a litter of four. Eager families were quick to snap up the cute puppies, but one of them, a silver-grey female called Monique, soon developed what her owners described as "drop attacks" when she tried to play.

When vets at the University of Saskatchewan observed Monique, they suspected these were bouts of cataplexy, and hence figured this might be a case of narcolepsy with accompanying cataplexy.

As luck would have it, Monique's diagnosis coincided with the arrival of a peculiar circular from William Dement, a sleep specialist at Stanford University in California. He was on the lookout for narcoleptic dogs. The Saskatchewan vets wrote back to him immediately. When Monique's owners were persuaded to relinquish their pet, Dement managed to convince an airline to fly her to California.

Word began to spread, and soon Dement and his colleague Merrill Mitler were looking after Monique alongside several other narcoleptic dogs, including a Chihuahua-terrier cross, a wire-haired griffon, a Malamute, Labrador retrievers and Doberman pinschers. The fact that narcolepsy appeared to be more common in some breeds than others suggested there could be some kind of genetic basis to the disorder.

Then came the breakthrough: a litter of around seven Doberman puppies, all of them with narcolepsy and cataplexy. It turned out that in Labradors and Dobermans, the disorder was inherited.

Dement made the decision to focus on Dobermans and, by the end of the 1970s, he was the proud custodian of a large colony and had established that narcolepsy in this breed was caused by the transmission of a single recessive gene. By the 1980s, methods of genetic analysis had advanced just enough to contemplate an effort to hunt down the defective Doberman gene.

I can never reconstruct the combination of factors that led to the onset of my own narcolepsy, but the stage was set at the moment of my conception in 1972, at around the time of Monique's birth in Saskatchewan.

My one-cell self inherited a particular version of a gene, known as HLA-DQB1\*0602, that forms part of a set that helps the immune system distinguish friend from foe. HLA-DQB1\*0602 is pretty common -- around one in four people in Europe boasts a copy -- but it plays a key role in many cases of narcolepsy, and is present in 98 per cent of those with narcolepsy and cataplexy.

On top of this genetic background, there may have been some bad timing too.

People with narcolepsy are slightly but significantly more likely to be born in March (as, indeed, I was). This so-called birth effect is seen in other autoimmune disorders and is probably explained by a seasonally variable infection at a particular moment in development. In the case of narcolepsy, it seems that those of us born in March are just a little bit more vulnerable than others.

While other infections during my childhood, hormonal fluctuations and emotional stress may also have played a part, it was in late 1993 that I probably encountered a key pathogen -- an influenza virus or Streptococcus perhaps. It was this that took me to an autoimmune tipping point and resulted in the rapid dismantling of my orexin system.

Around this time, the Doberman project in Stanford was on the verge of unraveling the genetic basis of narcolepsy in this breed. The man tasked with hunting down the mutation responsible was Emmanuel Mignot, who subsequently succeeded Dement as director of the Stanford Center for Sleep Sciences and Medicine.

Back in the 1980s, the idea of locating the gene for canine narcolepsy was off-the-scale ambitious. Breeding narcoleptic Dobermans is harder than it sounds, as the afflicted tend to topple over mid-coitus, temporarily paralyzed by a cataplectic thrill (an "orgasmolepsy" that can occur in humans too).

This impracticality aside, there was also the task of locating a gene whose sequence was not known, in a genome that was, at the time, a no man's land. "Most people said I was crazy," says Mignot. In a sense, they were right, because it took him more than a decade, hundreds of dogs and over $1 million. And he was nearly beaten to it.

In January 1998, after more than a decade of painstaking mapping, and just as Mignot's team was closing in on the gene, a young neuroscientist called Luis de Lecea at the Scripps Research Institute, San Diego, and colleagues published a paper describing two novel brain peptides. They gave them the name "hypocretins" -- an elision of hypothalamus (where they were found) and secretin (a gut hormone with a similar structure). They appeared to be chemical messengers acting exclusively inside the brain.

Just weeks later, a team led by Masashi Yanagisawa at the University of Texas independently described the exact same peptides, though called them "orexins" and added the structure of their receptors into the bargain.

Back at Stanford, Mignot heard about the two papers, but there was no reason to imagine this new pathway had anything to do with narcolepsy or sleep. By the spring of 1999, however, he and his team had worked out that the recessive mutation had to lie in one of two genes. One was expressed in the foreskin. "It didn't look like a candidate for narcolepsy," says Mignot. The smart money was on the other gene, which encoded one of the two orexin receptors.

When he got wind that Yanagisawa had engineered a mouse lacking orexins that slept in a manner characteristic of narcolepsy, the race was on.

Within weeks, Mignot and his team had submitted a paper to the journal Cell, revealing a defect in the gene encoding one of the orexin receptors. "This result identifies hypocretins [orexins] as major sleep-modulating neurotransmitters and opens novel potential therapeutic approaches for narcoleptic patients," they wrote. Kahlua -- one of a litter of Dobermans all named after alcoholic beverages -- lay sprawled across the cover of the issue.

Yanagisawa and colleagues added their experimental evidence to the mix just two weeks later, also in Cell.

From discovery to drugs

The orexin neurons are a very big deal, and not just for those like me who've lost them. Present in every major class of vertebrate, they have to be doing something seriously important.

We have found out a lot, particularly thanks to optogenetics, a technique de Lecea helped pioneer. By deploying a virus, a promoter and a gene found in blue-green algae, it is possible to render a particular population of neurons sensitive to light.

Using optogenetics and other methods, de Lecea has been able to show that the orexins have a powerful effect on many important neurological networks. In some settings, they act like neurotransmitters, crossing gaps in neurons to activate target neurons that release a chemical called norepinephrine throughout the brain's cortex.

In other settings, the orexins act more like hormones, working further afield in the brain. This is how orexins influence other brain chemicals, including dopamine (essential for the processing of reward, in planning and for motivation), serotonin (strongly associated with mood and implicated in depression) and histamine (an important alerting signal).

"In most other neural networks, there are parallel and multiple layers of security," says de Lecea, but in the case of the orexins, however, there appears to be little or no backup at all. "It is a brilliant model for understanding neural networks more generally," says de Lecea.

Within just 15 years of the Cell publication by Mignot and colleagues that linked a loss of orexin to narcolepsy, Merck had received US Food and Drug Administration (FDA) approval for suvorexant (or Belsomra as it's known in the trade), a small molecule capable of getting through the blood--brain barrier and blocking orexin receptors.

A drug that promoted sleepiness was not the application that most people with narcolepsy were looking for. By preventing the orexins from binding to their receptors, Belsomra effectively creates an acute case of narcolepsy, but where the fog, ideally, will have started to lift by the morning.

However, the millions of us with narcolepsy are still hoping for a drug that could work in the brain to rouse rather than silence the orexin system.

This has been a long-term project for Masashi Yanagisawa, who was in the race with Mignot to link the orexins with narcolepsy 20 years ago. But designing and synthesizing a compound that will make it through the gut intact, that has what it takes to find its way from blood to brain, and that boasts the perfect configuration to activate one or both of the orexin receptors is "a very, very high challenge" he says, one that is "significantly" greater than finding a compound to interfere with the receptor as Belsomra does.

Earlier this year, Yanagisawa and his colleagues published data on the most potent such compound to date, a small molecule called YNT-185. Although the affinity of YNT-185 (how strongly it binds to the orexin receptor) is not great enough to warrant a clinical trial, Yanagisawa's team has already hit upon several other potential candidates. "The best one is almost 1,000 times stronger than YNT-185," he says.

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There is a widespread perception that narcolepsy is a rare disorder with a small market, so any pharmaceutical research and development in this area would be unlikely to reap a significant return. This ignores the fact that narcolepsy is probably undiagnosed in many people, and that someone who develops narcolepsy in their teens and lives into their 80s would need some 25,000 doses over their lifetime.

Even more compellingly perhaps, the orchestrating role that the orexins play in the brain suggests the market for such a drug would go far beyond narcolepsy.

Something that tickled up the orexins would be useful for any condition where excessive daytime sleepiness is an issue, not to mention the myriad other situations where low levels of these messengers may play a role, including obesity, depression, post-traumatic stress disorder and dementia.

There is, I believe, one other reason why this story has not yet reached its conclusion.

For too long, sleep has been undervalued, seen as an inconvenient distraction from wakefulness. With this mindset, research into the neuroscience of sleep does not seem like it should be a priority.

Nothing could be further from the truth.

There is now abundant evidence that poor sleep can have devastating consequences for physical, mental and psychological health. Sleep is not incidental. It is fundamental, a matter of serious public health. Investing in sleep research is not just about the few with demonstrable sleep disorders. It is about everyone.

## [Decompress] Deal with sleep problem, insomnia

<http://edition.cnn.com/2017/11/24/health/insomnia-identity-partner/index.html>

Thinking you have a sleep problem -- even if you don't -- may be just as bad for your overall well-being as actually having a sleep disorder, a new [review](http://www.sciencedirect.com/science/article/pii/S0005796717301638) published in Behaviour Research and Therapy suggests.

Kenneth L. Lichstein, PhD, a professor of psychology at the University of Alabama, reviewed 20 existing studies that looked at both how people described their own sleep and how researchers measured the quantity and quality of their sleep.

In those studies, he found that 37 percent of participants who identified themselves as having insomnia were actually "normal" sleepers as defined by the respective study researchers.

That has consequences: he writes that "perceived sleep disturbance poses a health risk, even when accompanied by good sleep." And according to Lichstein, those people are at a greater risk of things like fatigue, hypertension, self-stigma, depression, suicidal ideation and anxiety -- all because they think they're bad sleepers.

Or as Alex Fradera [writes](https://digest.bps.org.uk/2017/10/26/insomnia-identity-misbelieving-youve-got-sleep-problems-can-be-more-harmful-than-actual-lack-of-sleep/) in a piece about the findings in the British Psychological Society research digest, "these 'complaining good sleepers' can have as high impairment in terms of daily fatigue, anxiety and depression as those suffering under a clinical deficit of sleep."

[Why spending more time with family and friends could help you sleep better](https://www.thriveglobal.com/stories/16560-want-better-sleep-spend-face-to-face-time-with-your-friends-and-family)

"Insomnia is a sleep disorder," Lichstein writes, "but it may also be a cognitive appraisal disorder." While there's a long history of discrepancies in self reported sleep and recorded sleep duration, Lichstein's review emphasizes the consequences for people who adopt an "insomniac identity."

Part of this identity may come from unrealistic sleep expectations and anxiety about sleep, he writes in the review, which can be predictive of actual sleep disorders. For instance, he notes that subjects "convinced that normal sleepers fall asleep in less than 10 minutes" might think their own need for 20 minutes to doze off must mean they're an insomniac. "For some, though the night problem exists only in their mind, it still degrades experience during both night and day," he writes.

Insomnia is defined by having difficulty falling asleep, returning to sleep or staying asleep, [according to](https://sleepfoundation.org/sites/default/files/microsite/assets/FYInsomnia-v1r9-NationalSleepFoundation.jpg) the National Sleep Foundation. It's a 24-hour disorder characterized by a "dreary quality of life," Lichstein writes in the review, as it throws you off the next day because it can result in anxiety, fatigue, drowsiness and difficulty learning or remembering.

[For better sleep, try listening to your partner](https://www.thriveglobal.com/stories/417-for-better-sleep-try-listening-to-your-partner)

Approximately [40 million Americans](https://sleepfoundation.org/sites/default/files/microsite/assets/FYInsomnia-v1r9-NationalSleepFoundation.jpg) experience insomnia a year, according to the National Sleep Foundation. But as Lichstein points out, most people who have trouble sleeping don't see a doctor (hint: you should consider seeing a doctor if you have trouble sleeping), and when they do, "the diagnosis of insomnia is almost always initiated by the patient."

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That means that "people who adopt an insomnia identity account for virtually the entirety of the treated and untreated population of people with insomnia," he writes. That's complicated for many reasons, one being that those people could be getting the wrong treatment. "Between 36 to 39 percent of people treated for insomnia have been prescribed hypnotics and exposed to hypnotic side effects, when sleep was already good," he writes.

[6 things the world's top athletes can teach us about sleep](https://www.thriveglobal.com/stories/15585-the-6-things-athletes-can-teach-you-about-improving-your-performance-by-improving-your-sleep)

A more viable treatment option (and one that has already been in use) may be cognitive behavioral therapy specifically for insomnia, Lichstein notes in the review, which could help people who think they have insomnia reframe how they think about their sleep. "There may be many people out there suffering because of their insomnia identity rather than an actual lack of sleep."

# Part 1)

## STOP\*\* Lexical resource

* narcolepsy ['nɑːkə(ʊ)lepsɪ] ['nɑrkolɛpsi] n. 嗜眠发作 V.S. insomnia;

narcolepsy /ˈnɑːkəˌlɛpsɪ/ N is a rare medical condition. It causes people who suffer from it to fall into a deep sleep at any time without any warning. 嗜睡症

* [ a wreck ] ???   
  e.g. He was such **a wreck** that he couldn't go on the trip ?????   
  e.g.Gary is under so much (pressure) at work that he has become **a nervous wreck**.  ?????
* 实在是忙于 xxx [sb. be **consumed** by work/study/life/**hectic** schedule]  
  E.g Tracy was **so consumed by work that** she forgot to eat.  
  E.g. Lily was **so consumed by study for her exam that** she forgot to eat.
* [ frame a picture ] I got your letter yesterday- thank you for the picture of the wedding. I **framed it**(the picture把照片表了起来) and put it on the **mantel** next to your graduation picture. Does the time ever fly!
* **(slang) Calling ahead couldn't hurt** 提前告知/提前说出来 (e.g. your boss) , 就不会有伤害

e.g. When you **are totally burnt out/depleted** by the super heavy workload, you should tell your boss about your pressure and any potential risk in the project ahead of time. For example, I’d like to tell my boss that I couldn’t work more than 8 hr/day and I’ve got to **cut back on my working hrs**. You know, there’s a **cliché/platitude**陈词滥调的说法, **“Calling ahead couldn’t hurt”.**

* [ caveat emptor? ]  
  e.g. It’s always hard to know if you are making the right decision, so don’t be afraid to ask to view the house a few times before you make an offer. And you should **definitely** try to schedule your viewings at different times of the day and week to get an idea of what the place is like at different hours. As for the condition, **caveat emptor**, or “buyer beware” applies, so the only solution is to hire a professional **house inspector验房的专员** , and ask **loads of/tons of** questions. My neighbor Dale’s son is an inspector. Why don’t you try giving him a call? I think
* ['ʃæmb ə lz] shambles N) **[ a shambles 一团糟; in a shambles ]** 
  + If something is **a shambles**, it is very disorganized or **haphazard** (not organized or planned) and there is a lot of confusion 一团糟；非常混乱  
    e.g. The economy is in such (bad shape) that I fear for my job. = The economy is in such **a shambles** that I fear for my job.   
    e.g. The meeting was **a shambles** from start to finish. 会议从头到尾都开得 一团糟。  
    e.g. The economy is in **a complete shambles**. 经济 混乱不堪。
  + I a place is **a shambles,** it is very untidy 〔地方〕一片混乱，凌乱不堪 e.g. My house is in an absolute **shambles**/in a mess. 我的房子里凌乱不堪。
* haphazard /hæpˈhæzəd/, **haphazardly** adj 无计划的,随便的,无安排的(TB, meeting, activity, party) (表不满) n. 偶然；偶然事件 **[ a haphazard way/manner/fashion ]**

1.If you describe something as haphazard, you are critical of it because it is not organized, disorganized, or planned at all or is not arranged according to a plan. You're unsatisfactory or not gratified by it. e.g. The investigation does seem haphazard. 这次调查似乎的确没有计划性/无安排的。  
e.g. How come this wedding party is so haphazard?   
e.g. Travi’s work is totally haphazard. 他的工作简直是无计划的无安排 // sb. be gratified by sth = feel satisfactory about sth  
e.g. Not only the educational provision but the transportation system in CHINA are totally haphazard. 该国提供的教育 毫无计划性。

2. haphazardly = accidentally, occasionally 偶然的; 杂乱无章地 e.g. She looked at the books jammed haphazardly in the shelves. 她看了看杂乱无章地塞进书架里的书

3. haphazard, similar to "random" [ haphazard investment 随机/盲目投资 = random investment; haphazard evaluation = random evaluation 随机评价; haphazard weighting = random weighting 任意指数 ]

hazard / peril => hazardous = dicey['daɪsɪ] / dangerous

* **(slang)** 不必为小事庸人自扰, 莫为小事情烦恼/不要钻牛角尖[**Don't sweat the small stuff**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=Don't%20Sweat%20the%20Small%20Stuff&lang=en)
* toss:

1. [T] toss sth: to throw something, especially something light, with a quick gentle movement of your hand扔掷抛〔尤指轻的东西〕 **[ toss sth over: 把<xxx>扔过来 ]**

e.g. She **crumpled the letter** and tossed it into the fire. 她把信揉成一团，扔进了火里。   
e.g. **Toss that book over**, will you? **把<那本书>扔过来**，好吗？   
e.g. ‘Catch!’ said Sandra, **tossing her bag to him.** 把她的包扔给他

2. toss: to move about continuously in a violent or uncontrolled way, or to make something do this（使）动来动去；（使）翻转不停 toss sth around/about   
e.g. The small boat was tossed about like a cork. 小船像软木般被水流抛来抛去。

3. **[ toss and turn] to keep changing your position in bed because you cannot sleep normally because you’re so worried about sth, sleep restlessly〔因睡不着在床上〕翻来覆去, 辗转反侧无法入眠,**   
e.g. I’ve been **tossing and turning** all night for kid’s education issue. 我一晚上辗转反侧。   
e.g. What happens is you **toss and turn** and **get frazzled**. **//a cleft sentence**

* Recharge your battery: reenergize you after a good relaxation, such **go for a retreat** for a while**(去一个精心修养的地方).**
* Chronic ['krɒnɪk], chronically

1. **[ a chronic disease or illness]** is one that continues for a long time and cannot be cured 慢性的，长期的 〔疾病〕 V.S acute disease 急性的（疾病）

•chronic arthritis [ɑː'θraɪtɪs] [ɑr'θrɪtɪs] 慢性关节炎

•chronic asthma 慢性哮喘 V.S. acute asthma

•chronic heart disease 慢性心脏病 V.S. **acute** heart attack

1. **长期存在的〔问题〕[ a chronic problem]** is one that continues for a long time and cannot easily be solved   
   e.g. MQ PMRs are really such as a **chronic problem** in DP. [ chronic unemployment 长期的失业问题 ] e.g. There is a chronic shortage of teachers. 长期存在师资短缺的问题。
2. **[ a chronic alcoholic 长期酗酒的人; a chronic gambler: 长期沉迷赌博的人; a chronic smoker 老烟民 ]** someone who has behaved in a particular way for a long time and cannot stop or cannot change their behaviour easily  
   e.g. He was **a chronic alcoholic** and unable to hold down a job. 他长期酗酒。
3. Chronic => chronically adv /-kḷɪ ; -kli / e.g. patients who are chronically ill 患慢性病的病人 e.g. The service is chronically underfunded. 这个服务机构长期资金不足。

* headway: N. 前进；进步；航行速度；间隔时间

1. **[ 取得〔艰难的〕进展: make headway towards ]** to make progress towards achieving something – used especially when this is difficult. **[ 在<xxx>进展甚微: make little headway; 在<xxx> 取得了很大的进展: make big/amazing headway]**   
   e.g. Foreign firms have **made little headway** in the US market. **外国公司在<美国市场>进展甚微**。   
   E.g. Doc buddies, the flagship app in ID department, have **made big headway** towards U.S customers. 在<美国客户那边> **取得了很大的进展**

e.g. I really feel like we’re **making headway** amazingly on DP project.

1. **[ (ship etc) 向前开/前进make headway = move forwards ]** – used especially when this is slow or difficult 〔尤指缓慢或艰难地〕向前行进 e.g. Stormy weather stranded the ship from **making headway**. 船在暴风雨天气里不能向前开。

* compress => decompress= relieve your press   
  1. to reduce the pressure of air on something
  + **[literal meaning]** 减少…的气压
  + **[figurative meaning]** decompress = relieve sb. from tense pressure by relaxing or **unwinding** 减压（工作压力）   
    e.g. I like to **decompress** at the end of each day by reading a book, which is my escape.

e.g. What you need to do is **decompress. Just relax and unwind yourself.** Well, how about **going for a retreat 去一个修养生息之地.** **//a cleft sentence**.

2. technical to change the information in a computer document back into a form that can be easily read or used, when the information was stored on the computer in a special form that used less space in the computer’s memory 解压缩 e.g. Most Macintosh computers can **decompress files** automatically. 大部分苹果电脑都能自动解压缩文件

* 处理，对付〔xxx〕cope with sth = deal with sth => tackle sth:  to try to deal with a difficult problem处理，对付〔难题〕

e.g. How are you going to **cope with** losing two members of your team?

* **暂时先把事情放在一边[ put it on the back burner] = postpone a little/procrastinate [pəʊs(t)'bəʊn; pə'sbəʊn] 我以前的发音不对 = procrastinate, procrastination**  
  e.g. Don’t press yourself too much. My suggestion is you’d better **put it on the back burner** and move on to the next one. What it’s done, you should **take a breather** (a short break) for a while and then return to the previous one on the back burner.  
  e.g. **Put in on the back burner**. Calm down and **prioritize all items**.
* 'Fight or flight' response is an **instinctual response本能反应** that helps you face danger or even escape/run away.
* Instinct
  + instinctual [ɪn'stɪŋktʃuəl]adj. [生物] 本能的 **[ instinctual response]** e.g. 'Fight or flight' response is an **instinctual response本能反应** that helps you face danger or even escape.
  + instinctive [ɪn'stɪŋktɪv]: based on instinct and not involving thought 本能的；天性的；直觉的 [ a mother’s instinctive love 母亲本能的爱 ], **instinctively**
* stressed out  **[I’m beyond stressed out 我压力山大/非常的焦虑不安]: adj** If someone is stressed out, they are very tense and anxious because of difficulties and huge pressure in their lives, esp. work.  
  e.g.  I am getting stressed out when my manager continuously pushes more **daunting killer tasks很难让人都害怕的任务** to me, esp with tense deadline. // a killer task: a super difficult task
* 疲劳

|  |  |
| --- | --- |
| 精疲力竭+烦躁的 | frazzle: ['fræz ə l]  N) **被 xxx 搞得精疲力竭If you [ wear yourself to a frazzle], or if [ you are worn[wɔːn]**  **to a frazzle with sth],** you feel mentally and physically exhausted or depleted(耗尽) because you have been working too hard without good relaxation or because you have been constantly worrying about something. You are sort of burnt out or depleted(被/燃尽/耗尽了能量)精疲力竭的  adj ['fræz ə ld] feel frazzled: feeling tired and anxious, for example after a journey or because you are very hectic/super busy.  E.g. The meeting left me feeling completely frazzled. 这会开得我精疲力竭、烦躁不安。 E.g. By the time you get to work, you’re already feeling frazzled – and then your boss dumps an “urgent” project on your desk.  E.g. Work is so **stressful** at the moment. I constantly feel frazzled.  e.g. **She's worn[wɔːn] to a frazzle with her** silly speech competition.   她 被<自己愚蠢的演讲比赛>搞得精疲力竭。  E.g. Frankly, I’m **getting fe[d u]p with/sick of/tired of/weary of** the DP project. **I’m worn to a frazzle with** unlimited **daunting killer tasks.** 被 <DP没完没了的killer tasks> 搞得精疲力竭.  e.g. She **slumped into a chair** because she's totally weary/burned out/depleted. 她(筋疲力尽的)**瘫倒在一张椅子上** //If you **slump somewhere like sofa, chair, or bed**, you fall or sit down there heavily, for example, because you are totally exhausted/depleted/frazzled or you feel ill. (因劳累或生病等) 跌坐/瘫倒在（床/沙发）   1. be burnt to a frazzle: literal mening: to be completely burnt被烧个精光; figurative meaning: I’m totally burnt out/exhausted/depleted/frazzled. 2. Sb. be worn to a frazzle with sb被<DP没完没了的killer tasks>搞得精疲力竭 |
| 筋疲力尽 | I’m totally burnt out /exhausted /depleted.  e.g. She **slumped into a chair** because she's totally weary/burned out/depleted. 她(筋疲力尽的)**瘫倒在一张椅子上** //If you **slump somewhere like sofa, chair, or bed**, you fall or sit down there heavily, for example, because you are totally exhausted/depleted/frazzled or you feel ill. (因劳累或生病等) 跌坐/瘫倒在（床/沙发） |
| 耗尽我的能量，使我筋疲力尽 | I’m totally depleted; sth depleted my energy  deplete /dɪˈpliːt/ => 消耗损耗(燃料，能量）；放血 => depletion N(燃料，能量） 耗尽 => adj 衰耗尽的 衰竭的, 精疲力竭的 depleted [ a depletio[n of] fuel (燃油耗尽损耗) ; a depletio[n o]f energy 能量耗尽损耗; deplete fuel 耗尽燃油, deplete sb's energy 耗尽能量，精疲力竭 = I'm totally depleted = I'm totally burned out/overwhelmingly exhausted]  1. To deplete a stock or amount of something means to reduce it or even run out of it. 消耗, 耗尽用尽 (fuel, energy) e.g. ...substances that deplete the ozone['əuzəun] layer.…消耗臭氧层的物质。  2. 耗尽的 衰竭 耗尽的 depleted; depleted army…李的精疲力竭的军队 e.g. They also add further evidence supporting investigators' suspicions that the jet had depleted its fuel during its charter flight from Santa to Medel. Investigators were considering a depletio[n o]f fuel (燃油耗尽） as a significant contributing factor to Monday's crash. Photos showed debris strewn sporadically across a hillside with no apparent charring(n烧焦) among the wreckage.  e.g. She **slumped into a chair** because she's totally weary/burned out/depleted. 她(筋疲力尽的)**瘫倒在一张椅子上** //If you **slump somewhere like sofa, chair, or bed**, you fall or sit down there heavily, for example, because you are totally exhausted/depleted/frazzled or you feel ill. (因劳累或生病等) 跌坐/瘫倒在（床/沙发）  // Ozone troposphérique 对流层臭氧; ozone depletion = depletion of ozone 臭氧层空洞 ; 臭氧损耗; an ozone layer 臭氧层  //strew, strew, strewn: scatter, To strew things somewhere, or to strew a place with things, means to scatter or disperse them there in a careless way. |
|  | weary: ['wɪərɪ] (wearier,weariest) => N. weariness = tiredness = fatigue = exhaustion  1. If you are weary, you are very tired with fatigue, feel exhausted 疲惫的 e.g Rachel looked pale and weary/tired/exhausted 看起来苍白而疲惫。 =>(燃烧带尽）筋疲力尽: I'm totally burned out = I'm overwhelmingly exhausted = I'm totally depleted (能量耗尽损耗) 2. If you **[ are weary of something] = be tired of = be sick of = get fed up with sth** and have lost your enthusiasm or patience for it. 对…感到厌倦; be weary of/sick of/tired of/get fed up with sth  e.g. They're getting awfully weary/tired of this silly war. 他们对这场愚蠢的战争感到极其厌倦 e.g. She **slumped into a chair** because she's totally weary/burned out/depleted. 她(筋疲力尽的)**瘫倒在一张椅子上** //If you **slump somewhere**, you fall or sit down there heavily, for example, because you are very tired/weary/exhausted or you feel ill. 瘫倒; (因劳累或生病等) 跌坐 |

## Disease-related lexical

|  |  |
| --- | --- |
| 精神病的 | psychiatric /ˌsaɪkɪˈætrɪk/ V.S. ( psyche /ˈsaɪkɪ/ N In psychology, your psyche is your mind and your deepest feelings and attitudes. 心灵)  1. Psychi`atric means relating to psychiatry [saɪ'kaɪətrɪ]治疗精神病的 [寻求精神病治疗方面的帮助 seek psychi`atric help] e.g.We finally insisted that he seek psychi`atric help. 寻求精神病治疗方面的帮助。 2. ADJ Psychiatric/ˌsaɪkɪˈætrɪk/ means involving mental illness. 精神病的  e.g. About 4% of the prison population have chronic psychi`atric illnesses患有慢性精神疾病  eg Oh is walking, talking and going to the bathroom independently. His condidion though stable, is still grave/very serious. Complications from tuberculosis [tjʊ,bɜːkjʊ'ləʊsɪs]肺结核 and hepatitis B[,hepə'taɪtɪs] 肝炎 continue to compromise/destroy his recovery, especially his liver function. Oh is also under psychi’atric [,saɪkɪ'ætrɪk]精神病治疗的 care and likely to be struggling with post-traumatic stress disorder (PTSD), Lee said. |
| 结核病〔尤指肺结核〕 | tube => tuberculosis [tjʊ,bɜːkjʊ'ləʊsɪs]肺结核 a serious infectious disease that affects many parts of your body, especially your lungs 结核病〔尤指肺结核〕  eg Oh is walking, talking and going to the bathroom independently. His condition, though stable, is still grave/very serious. Complications from tuberculosis [tjʊ,bɜːkjʊ'ləʊsɪs]肺结核 and hepatitis B[,hepə'taɪtɪs] 肝炎 continue to compromise/destroy his recovery, especially his liver function. Oh is also under psychi’atric [,saɪkɪ'ætrɪk]精神病治疗的 care and likely to be struggling with post-traumatic stress disorder (PTSD), Lee said. |
| 解剖(. 肠) | • intestine [ɪn'tɛstɪn] => intestinal /ɪnˈtɛstənəl/ means relating to the intestines. [ anatomy, dissection ] 解剖(. 肠) , 肠的 Your intestines are the tubes in your body through which food passes when it has left your stomach.  E.g . This area is always tender to the touch if the intestines are not functioning properly. 如果肠功能不正常的话  • colon=> colonic [kə'lɔnik] 冒号/[ anatomy, dissection ] 结肠: Your colon is the part of your intestine [ɪn'tɛstɪn] 肠 above your rectum. 结肠 [ 结肠癌 colon cancer ]  e.g. In the U.S., there are 60,000 deaths a year from colon cancer.  • rectum ['rektəm] 直肠pl: rectums or recta; the lowest part of your bowel  • colon => colonoscopy [,kəulə'nɔskəpi] 医学】结肠镜检查: visual examination of the colon (with a colonoscope /kəˈlɒnəˌskəʊp/ ) from the cecum to the rectum; requires sedation |
| 休克 | 休克 shock [ 处于休克状态 in a state of shock ] : a medical condition in which someone looks pale, stay unconcious, and their heart and lungs are not working correctly, usually after a sudden very unpleasant experience  e.g. He was bleeding from the head and suffering from shock . 他头部流血，陷入休克状态。 e.g. He is clearly in a state of shock . 他显然 处于休克状态。 |
| 徘徊在死亡的边缘 | [ hover close to death ]  e.g. He was bleeding so much from the head, in a life-threatening situation. He hovered close to death during the 25-minute airlift to hospital. |
| 生命特征( 包括脉搏、血压及体温等) | vital signs: A person's vital signs or vitals are the things such as their pulse, blood pressure, and temperature that show that they are alive. 生命特征( 包括脉搏、血压及体温等)  e.g. A doctor checked her vital signs and everything returns to stable. 位医生检查了她的生命特征 e.g. ...the chart which showed his current vitals signs ...显示他目前生命特征的图表。  e.g. Doctor Lee describes Oh's vital signs as so unstable that a few times during the grueling煎熬／受折磨的 operation, he thought the defector would die on the surgical table."It's a miracle that he survived," Lee said. 　　　　　//during that grueling time: 煎熬／受折磨的日子里 |
| PTSD | Complications from tuberculosis and hepatitis B continue to compromise his recovery, especially his liver function. Oh is also under psychiatric care and likely to be struggling with post-traumatic [trɔː'mætɪk; traʊ-] stress disorder(PTSD), Lee said. |
|  | Chronic ['krɒnɪk], chronically   1. **[ a chronic disease or illness]** is one that continues for a long time and cannot be cured 慢性的，长期的 〔疾病〕 V.S acute disease 急性的（疾病）   •chronic arthritis [ɑː'θraɪtɪs] [ɑr'θrɪtɪs] 慢性关节炎  •chronic asthma 慢性哮喘 V.S. acute asthma  •chronic heart disease 慢性心脏病 V.S. **acute** heart attack   1. **长期存在的〔问题〕[ a chronic problem]** is one that continues for a long time and cannot easily be solved  e.g. MQ PMRs are really such as a **chronic problem** in DP. [ chronic unemployment 长期的失业问题 ] e.g. There is a chronic shortage of teachers. 长期存在师资短缺的问题。 2. **[ a chronic alcoholic 长期酗酒的人; a chronic gambler: 长期沉迷赌博的人; a chronic smoker 老烟民 ]** someone who has behaved in a particular way for a long time and cannot stop or cannot change their behaviour easily e.g. He was **a chronic alcoholic** and unable to hold down a job. 他长期酗酒。 3. Chronic => chronically adv /-kḷɪ ; -kli / e.g. patients who are chronically ill 患慢性病的病人 e.g. The service is chronically underfunded. 这个服务机构长期资金不足。 |
| 胆固醇 | cholesterol [kə'lestərɒl]: a chemical substance found in your blood. Too much cholesterol in your body may cause heart disease. |
| 视网膜 | 视网膜 retina /ˈrɛtɪnə/ ['rɛtənə] => retinal /ˈrɛtɪnəl/  [Anatomy 解剖] Your retina is the area at the back of your eye. It receives the image that you see and then sends the image to your brain. 视网膜 [ a torn retina: 视网膜破裂; a dislocated retina: 视网膜脱落？/错位？ ] e.g. Bruno had to have eye surgery on a torn retina two years ago. 因为 视网膜破裂 不得不进行了一次眼部手术 => retinal /ˈrɛtɪnəl/ Retinal means relating to a person's retina. 视网膜的 [ retinal cancer 视网膜癌; retinal scanning (is a cutting-cut technology]   e.g. With the advent of 随着xxx的出现 advanced tech in future, I guess that one day, passport will no longer be relevant because of retinal scanning. |
| 脑溢血 | [ cerebral [sə'ribrəl] haemorrhage ['heməridʒ] ] The doctors speculate/guess that he died of **a cerebral [sə'ribrəl] 大脑的 haemorrhage 脑溢血** caused by a blow on the head. 医生们猜测他死于 脑溢血 |
| 黑死病 | Black Death： a form of bubonic plague pandemic in Europe and Asia during the 14th century, when it killed over 50 million people |
| 眼药水；滴眼剂 | Eye drops: Eye drops are medicine that you put in your eyes one drop at a time. |
| 植物的；植物人状态的，无所作为的；促使植物生长的；有生长力的 | ['**vɛdʒə**'teitɪv] **vegetative** in a vegetative state |
| 脑震荡 | The passenger forcefully removed from a United Airlines flight this week has a concussion [kən'kʌʃən] and broken nose, his attorney told reporters //percussion instrument: 打击乐器; percussor //If an action or event has repercussions /ˌriːpə/, it causes unpleasant things to happen some time after the original action or event； repercussion is an indirect effect, influence, or result that is produced by an event or action. (由某一事件或行为产生的、通常是间接的不好的)反响,影响/后果 [ 深远的后果:further repercussions; 沉痛的后果 painful repercussions ; chain repercussion 连锁反应; foreign repercussion 国外的反响; ] |
| [医]表皮脱落；剥皮 | excoriate sb. /ɪkˈskɔːrɪˌeɪt/, excoriation: 1. excoriate sb = criticize/slam/decry/denounce them severely, very harshly, usually in public.  E.g. He proceeded to excoriate me in front of the nurses. 他继续在这些护士们面前指责我。  **2). excoriation: [医]表皮脱落；剥皮** |
| 哮喘 | asthma ['æsmə, 'æz-] is a lung condition that causes difficulty in breathing. asthma is a respiratory disorder characterized by wheezing; usually of allergic origine. [bronchial asthma支气管哮喘；支气管性气喘; allergic asthma [医]变应性气喘；敏性气喘 ] e.g. She told me that a bomb destroyed their home soon after Ahmed was born, lodging shrapnel in his neck. Soon after, he developed severe asthma and other symptoms consistent with chlorine gas inhalation. When I met him almost a year after the bombing, I could see his scars and his little body struggled to breathe. //symptomatic ['sɪmptə'mætɪk] adj. 症状的；症候的 |
| **1 N/a) 患肺结核 ; 肺病/患肺结核的；**  2) (太热； 生病； 因尴尬，生气)脸红； 3) 紧张忙碌的 | • hectic:  n. 脸红 (flush: If you flush, your face gets red because you are hot or ill, or because you are feeling a strong emotion such as embarrassment or anger. (太热； 生病； 因尴尬，生气)脸红；患肺结核  adj. 兴奋的狂热的；脸上发红；肺病/患肺结核的； adj非常紧张忙碌的 A hectic situation is one that is super/damn busy and involves a lot of rushed activity. e.g. Life is hectic 生活是忙碌的 . But if you do not stop, you will not be able to give your body sometime to unwind(发条放松)/relax/hang loose |
| hypnotist['hipnətist] 催眠师 | e.g. "I think I'll try a hypnotist[**'hipnətist] 催眠师**," I said with sudden resolution/emphatically. 我突然坚决地说 // Resolution is determination to do something or not do something. 决心 [ new year’s resolution 新年愿望/决心 ] |
| (梆笛）创可贴；护创膏布 | 邦迪 band-aids  strap /stræp/ 1. 用来系东西的带子 A strap is a narrow piece of leather, cloth, or other material. Straps are used to carry things, fasten things together, or to hold a piece of clothing in place. 带子 e.g. You must wear harness ( a kind of lightweight vest ) to protect your upper body and fasten leg straps as tightly as possible when Extreme sports, e.g. zip lining or sky diving. e.g. grip the strap of my rucksack 抓住帆布背包的带子。 2. V-T If you strap something somewhere, you fasten it there with a strap. 用带子绑 e.g. She strapped the baby seat into the car.她把婴儿座椅用带子绑在那辆汽车上  strip: \* A strip of something such as paper, cloth, or food is a long, narrow piece of it. (纸、布或食物的) 条 strip of cloth \* A strip of land or water is a long narrow area of it. 狭长 (地带或水域) ...bands of natural vegetation between strips of crops. …在带状的庄稼之间的一行行天然植被带 e.g. The coastal city sits on narrow strips of land lying under steep mountains. 狭长地带  bandage 1. A bandage is a long strip of cloth that is wrapped around a wounded part of someone's body to protect or support it. 绷带 e.g. We put some ointment /ˈɔ ɪnt mənt/药膏 and a bandage on his knee. 2 If you bandage a wound or part of someone's body, you tie a bandage around it. 用绷带包 e.g. Apply a dressing敷 to the wound and bandage it. 在伤口上敷上敷料并用绷带包扎起来。 3.Bandage sth up 用绷带包扎 e.g.I bandaged the leg up and gave her aspirin['æsp(ə)rɪn] for the pain. |
| 急救盒，急救箱 | firs**t-a**id can; first-aid box; 急救: first-aid |
| 家庭医生 | the family doctor = **the general practitioner.** E.g. In London, we have two most famous **practices** (kind of community clinics), DNend is my preferred. Before you can book an appointment with **a general practitioner**, you have to register in these practices. |
| 药膏 ; 破坏因素, 扫兴的人或事; 美中不足之处 | ointment /ˈɔɪntmənt/ 药膏  1. An ointment is a smooth thick substance (normally kind of sticky paste) that is put on sore skin or a wound to help it heal. 药膏  e.g We put some ointment /ˈɔ ɪnt mənt/and a bandage on his knee.  2.If you describe someone or something as "a fly in the ointment 药膏里的苍蝇", you think they spoil/destroy a situation and prevent it from being as successful as you had hoped. 破坏因素, 扫兴的人或事; 美中不足之处 e.g. Rachel seems to be the only fly in the ointment of Caroline's smooth life. 惟一的破坏因素 //prevent it from being as successful: foiled/thwarted/abortive/failed military coup  V.S.  **Plaster**: a piece of thin material that is stuck on to the skin to cover a small wound 贴的膏药；护创胶布 |
| [临床] 叩诊 ; 打击乐器 | percussion /pəˈkʌʃən/ 1. Percussion instruments are musical instruments that you hit, such as drums. 打击乐器 2. [临床] 叩诊 The resident住院医师 is conducting a percussion 叩诊 for the cardiovascular [,kɑ:diəu'væskjulə] patients by using the percussor [pə'kju:sə] => 打诊槌，叩诊器 percussor [pə'kju:sə] n. (medicine) a small hammer with a rubber head used in percussive examinations of the chest and in testing reflexes |
| (药的） n. 功效，效力 | efficacy ['efikəsi] capacity or power to produce a desired effect [西药的效力 the efficacy of the medicine; 中草药的效力 the efficacy of herbs; the efficacy of the vaccine . 疫苗] e.g I'm actually surprised that WATSON hasn't yet been used to examine the efficacy of herbs over heavy-duty pharmaceuticals [,fɑrmə'sutɪkl] 制药（学）的 now that it is learning Chinese. e.g We must have concerns about the safety and efficacy of the vaccine. |
| 大规模的流行病 | pandemic [pæn'demɪk] V.S. epidemic disease V.S. plague [ a pandemic influenza大流感 ; a pandemic plague 疫病; a zombie['zɒmbɪ] pandemic 丧尸蔓延 ; 僵尸爆发 ] pandemic: A pandemic is an occurrence of an epidemic disease that affects many people over a very wide area. 大规模的流行病, an epidemic disease that spreads widely e,g, They feared a new cholera pandemic.他们担心一种新的霍乱流行病 => pandemic V.S. endemic ( If a disease or illness is endemic in a place, it is frequently found among the people who live there. 常见的地方病 ) |
| 瘟疫；灾祸(天灾); 讨厌的人 | plague: any epidemic disease or pandemic with a high death rate/mortality rate 瘟疫 eg Plague occurs in rural and semi-rural areas of the Western United States. The bacteria that causes the plague is found in areas where there are wild rodents['rodnt]啮齿动物, such as a rat, squirrel. People are usually infected after a flea跳蚤 becomes infected from a rodent['rodnt]啮齿动物 and then transmits it to a person by biting them. Patients usually develop symptoms between two and six days after exposure. They include generally feeling sick, a sudden fever, abdominal pain, nausea['nɔzɪə]恶心反胃 and vomiting. // ['nɔʃəs] nauseous 恶心反胃的; symptomatic: ['sɪmptə'mætɪk] adj. 症状的；症候的 // mortal, immortal 不死的；神仙的；长生的, mortality rate |
| 一大群害虫(slang) a plague of sth is a swar[m o]f insects that attack plants or crops, destroying the harvest. [一大群蝗虫 a plague/swarm of grasshoppers; a plague of locusts ['ləʊkəst] eg A plague of grasshoppers have descended on farmlands in southern Russia, devouring[di'vauə]/engulfing entire fields of crops. // a swar[m o]f bees; a flock of birds/gooses; a throng of people; herds of horses/sheeps/cattles //（被火，洪水）吞噬， 狼吞虎咽 devour/engulf; devour/engulf food=snarf down food: 狼吞虎咽 // locusts =grasshoppers 蝗虫, 蚱蜢 |
| 灾祸(天灾) slang) any large scale calamity[kə'læ**mə**ti]灾难 or catastrophe (especially when thought to be sent by God) |
| annoyance or nuisance 英 ['njuːs(ə)ns] 麻烦；讨厌的人 ; eg: those children are a damn plague  eg It's very hard for human eyes to discern (distinguish and recognize) the nuance between the faked and true paintings, we must have a resort/recourse to凭借求助于 a sophisticated apparatus, such as microscope, to discern the subtle difference. |
| vt. 对…施行针刺疗法 n. 针刺；[中医] 针刺疗法 | acupuncture ['ækju,pʌŋktʃə, ,ækju'pʌŋktʃə] n. treatment of pain or disease by inserting the tips of needles at specific points on the skin e.g. The orthodox medicine uses drugs to cure patients; but the alternative medicine is the practice of medicine without the use of drugs; may involve herbal medicines or self-awareness or biofeedback or acupuncture. //正统传统的 orthodox ['ɔːθədɒks] (traditional and conventional) V.S. 非正统的，另类的 alternative ( unorthodox or untraditional) |
| adj. 制药（学）的 n. 药物 | pharmaceutical [,fɑ:mə'sju:tikəl] n. drug or medicine that is prepared or dispensed 配发 (药); 配售 (药) in pharmacies and used in medical treatment //配发 (药); 配售 (药)dispense medicine: When a pharmacist 药剂师 dispenses medicine, he or she prepares it, and gives or sells it to the patient or customer. 配发 (药); 配售 (药) |
| 药剂师 | pharmacist |
| 配发 (药); 配售 (药) | [ dispense medicine; dispense drugs] : When a pharmacist 药剂师 dispenses medicine, he or she prepares it, and gives or sells it to the patient or customer. 配发 (药); 配售 (药) e..g Health officials hope to begin dispensing antidepressant[,æntɪdɪ'pres(ə)nt] drugs on a wide scale at the beginning of next year. 开始大规模配发抗抑郁剂药物 |
| 病例 | medical chart |
| [临床] 综合症状；并发症状 | syndrome: A syndrome is a medical condition that is characterized by a particular group of signs and symptoms (symptomatic ['sɪmptə'mætɪk]) . [临床] 综合症状；并发症状 (complication) e.g. Irritable bowel syndrome seems to affect more women than men. 肠易激综合症对女性比对男性影响更大 //syndicate: IELTS syndicate; criminal syndicate //synergy协同作用；增效 //symphony orchestra 交响乐 |
| 解剖(. 肠) | • Intestine [ɪn'tɛstɪn] [ anatomy ] 解剖(. 肠) => intestinal **/ɪnˈtɛstənəl/** means relating to the intestines. 肠的 Your intestines are the tubes in your body through which food passes when it has left your stomach. E.g . This area is always tender to the touch if the intestines are not functioning properly. 如果肠功能不正常的话 • Colon: anatomy 结肠; colonic [kə'lɔnik] 冒号 Your colon is the part of your intestine [ɪn'tɛstɪn] 肠 above your rectum. 结肠 [ 结肠癌 colon cancer ] e.g. In the U.S., there are 60,000 deaths a year from colon cancer. |
| 整形手术. | The doctors **obliterated** pimples and **flecks雀斑** from my face in a **plastic surgery** //[In medicine] **obliterate:** to **remove** sth completely (a body organ or part), as by surgery or radiation. 【医学】完全除去（身体器官或一部分），通过手术射线等 |
| 剂量；一剂一服 | dose [dəʊs] 剂量；一剂一服 V.S. doze /dəʊz/ 1.V-I When you doze, you sleep lightly or for a short period, especially during the daytime, doze = have a nap/snooze 打盹儿 => 小睡；打盹儿 snooze // If you snooze, you sleep lightly for a short period of time. snooze = doze e.g Mark snoozed/dozed in front of the television. // 打哈欠 I yawned and I'm sleepy //打呼噜 Am I snoring? //打嗝 hiccup, burp //打喷嚏 sneeze |
| 庸医; 江湖医生(表不满) | quack /kwæk/  1. V-I When a duck quacks, it makes the noise that ducks typically make. (鸭子)发出嘎嘎声 e.g. There were ducks quacking on the lawn. 有鸭子在草坪上发出嘎嘎的叫着。n) 嘎嘎声 [ 鸭子)嘎的一声 a duck quack ] e.g. Suddenly he heard a duck quack. 他听到(鸭子)嘎的一声。 3. N If you call someone a quack or a quack doctor, you mean that they claim to be skilled in medicine but are not. 庸医; 江湖医生(表不满) e.g. I went everywhere for treatment, tried all sorts of quacks. 尝试了所有江湖医生的疗法。e.g. I'm not a quack/quack doctor. I'm a resident住院医师 in this hospital. |
| 疹子 ; [皮肤] 皮疹；湿疹 | rashes, red rashes, skin rash [皮肤] 皮疹: A rash is an area of red spots that appears on your skin when you are ill or have a bad reaction to something that you have eaten or touched. e.g. He may break out in a rash when he eats these nuts. 他吃了这些坚果以后可能会长出疹子 e.g Seven patients who are still symptomatic, and potentially infectious by Zika virus that is circulating in Singapore. There is no vaccine or specific medication to treat the mosquito-borne virus and these patients have been quarantined 检疫隔离. On Monday, the MOH in Singapore finished testing all of the workers on the construction site who had shown symptoms of fever and rash. All sectors should step up efforts on mosquito control and members of the public should use insect repellents/bug repellent/bug spray驱虫剂 to protect themselves. e.g. The Zika virus is on a rampage in Singapore, with 82 locally-transmitted cases confirmed late by the country's Ministry of Health (MOH). The proportion of our population that are immune to the Zika virus is likely to be low in Singapore and if you don't have the immunity to provide the roadblocks/barrier/barricades, then it's likely that the virus will spread fast,". Tuesday the MOH reported 26 new cases that showed how the Zika virus had spread to nearby residential areas, raising concerns that the virus could travel even further/farther afield更远处. Singapore is known to suffer widely from dengue virus, a mosquito-borne承载传播的 tropical disease that triggers high fevers, headaches, vomiting and skin rashes皮疹 in those infected. Zika is very closely related to dengue. It has all the genetic traits/characteristics基因特征 that would allow it to spread where dengue thrives v繁荣，兴旺.  //school rampage; air-borne virus 空气承载传播的病毒; mosquito-borne virus 蚊子承载传播的病毒； skin rashes 皮疹, chicken box水痘, small box 天花, flecks 雀斑； pimples = burst-out痘痘; pockmarks 脸上的麻子；凹坑； mole: 痣；胎块；内鬼间谍; 鼹鼠 //thrive v); prosperity (n), prosperous (a); flourish n/v //premises营业场所 .e.g cafe house, cafeteria, KTVs, and restaurants, bars, |
| 麻疹 | (the measles) /'miːz ə lz,ˋmizḷz/ n. an **infectious/contagious** illness in which you have a fever and small red spots on your face and body. People often have measles when they are children. |
| (脸上的)麻子；凹坑 vt. 使留下痘疤；使有凹坑 | pockmark, pockmarks ['pɒkmɑːk] 1) (脸上的)麻子 2) 凹坑, like crater, eg volcano crater火山口; bullet crater:弹坑; //麻子；凹坑(crater) pockmarks, pockmarks; chicken pox:水痘; small box: 天花； skin rash: 皮疹； flecks雀斑; pimple丘疹, 面泡, 疙瘩; plastic surgery整形手术; mole 痣;胎记; 内鬼 |
| 痣;胎记; 内鬼  **鼹鼠** | mole /ˈməʊleɪ/  1. A mole is a natural dark spot or small dark lump on someone's skin. 痣; 胎记 e.g Researchers studied moles on those aged between 12 and 50. 长的痣。 2. A mole is a small animal with black fur that lives underground. 鼹鼠 **//hedgehog刺猬; groundhog:土拨鼠** 3. A mole is a member of a government or other organization who gives secret information to the press or to a rival organization. (政府或机构内的) 间谍; eg I have a mole on my nose. E.g. It's kind of a superstition迷信 that the mole near the eyebrow represents "mishaps/calamity". V.S. 内贼 a leak eg In our police station, we have a leak (内贼） //leak:leak: (Informal) To become publicly known through a breach of secret 泄密：由于保密措施的漏洞而变得公开 Eg There is a mole内鬼 in police office. |
| (face, eyelid)虚胖虚肿 | puffiness ['pʌfi:nis] 虚胖, 虚肿; [figurative meaning: 自负，自大；傲慢，目空一切；矫情，做作] Try this face cream lotion that can alleviate your face puffiness e.g. Still, even though it looks bad, the eyelid puffiness will eventually go away. E.g. If your eyelid is of puffiness, try to put a cold tea bag on your eyes. e.g. Other symptoms include low body temperature (generally 97 degrees or less), puffiness or swelling in the face, and seizures. 有体温偏低、虚胖、面部浮肿和抓挠等症状 |
| 酒窝 | dimple: A small natural **indentation** in the flesh on a part of the human body, especially in the cheek or on the chin. 酒窝 |
| [医]丘疹, 面泡, 疙瘩 | [医]丘疹, 面泡, 疙瘩 pimple = burst-out [burst-outs in my face] eg The doctors obliterated pimples and flecks雀斑 from my face in a plastic surgery整形手术. //麻子；凹坑(crater) pockmarks, pockmarks; chicken pox:水痘; small box: 天花； skin rash: 皮疹； flecks雀斑; pimple丘疹, 面泡, 疙瘩; plastic surgery整形手术; mole 痣;胎记; 内鬼; 鼹鼠 |
| 雀斑 | **flecks:**  Flecks are small marks on a surface, or objects that look like small marks. 斑点; (像斑点的) 微粒 |
| the pox 痘；疹 | 1. the pox 痘；疹 the disease syphilis 梅毒（病） the disease smallpox 天花（病） 2. a pox on sb: used to show that you are angry or annoyed with someone 让某人倒大霉，叫某人见鬼去〔表示对某人生气或厌烦〕 |
| 水痘 | **chicken pox:** an acute **contagious** disease caused by herpes varicella zoster virus; causes a **rash皮疹** of vesicles on the face and body |
| 天花 | **small pox:** a highly **contagious** viral disease characterized by fever and weakness and skin eruption with **rash皮疹** that form scabs that slough off leaving scars |
| 剖腹产的；n. 剖腹产 | cesaren section [sɪ'zɛriən]; Doctors hold the ashen baby upside down by its feet and slap its bottom hard, desperate to detect any signs of life. Birth is, at the best of times, an intense experience. But birth by emergency cesarean section [妇产] 剖腹产术, after the mother is seriously injured by a bomb in war-torn/ravaged city. Mayissa has just been the victim of an airstrike on her way to the hospital in a Syrian city under siege围攻；包围, with just a handful of doctors left. Now on a gurney/stretcher, Mayissa's arm and leg broken, she is in shock as doctors all too familiar with massive injury remove inch-long pieces of shrapnel['ʃræpnəl弹片 from her body.  As doctors pull the baby from her gashed abdomen 腹部腹腔, dread rushes into the operating room. Her baby is silent; white as the tile."Can you hear the thud of his heart heat?" "No. I'm sorry," a doctor responds.The baby’s milky-while umbilical [ʌm'bilikəl] cord脐带 , still attached, is blocked with a pair of forceps医用镊子 (pincer). Doctors gingerly pump his chest, hoping to start the minutes-old heart. A flutter in his umbilical cord脐带 is the first sign of life. His heart is working. |
| 避孕用具；[药] 避孕剂 adj. 避孕的 | contraceptive [kɒntrə'septɪv] ; contraception [医]避孕 contraceptive /ˌkɒntrəˈsɛptɪv/ TEM8 1.ADJ A contraceptive method or device is used to prevent pregnancy. 避孕的 ...the contraceptive pill.…避孕药 2. N-COUNT A contraceptive is a device or drug that prevents a woman from becoming pregnant. 避孕药; 避孕用品 ...oral contraceptives…口服避孕药 eg If you wanna try contraception避孕 , use the condom. //condom ['kɒndəm] 避孕套 //布置警戒线戒严: cordon off the criminal scene //condo: ['kɒndəʊ] 分户出售的公寓大厦 |
| 【生理学】 排泄（体内废物） | eliminat: Physiology ['fɪzɪ'ɑlədʒi] 生理学: To excrete (bodily wastes or feces粪便). eg Because I have constipation, I tried some purge medicine (purgative) 泻药 and want to eliminate/evacaute wastes from my body // physiology, physiological [,fɪzɪə'lɑdʒɪkl] |
| adj. 净化的；通便的；赎罪的 n. 泻剂，泻药 | purge => purgative /ˈpɜː**ɡə**tɪv/ 1. A purgative is a medicine that causes you to get rid of unwanted waste from your bowels, to cause evacution排泄 of bowels. 泻剂 2. A purgative substance acts as a purgative. 通便的 purgative oils 通便油; a purgative tea 通便茶。 Tending to cleanse or purge, especially triggering the evacuation of the bowels. //purge rivals, purge enemies; purgative ['pɜːgətɪv] 泻药= purge medicines; purgatory /ˈpɜːɡətərɪ/: 炼狱般的经历(暂时的苦难 ) |
| 便秘 | constipation ['kɑnstə'peʃən]: Constipation is a medical condition which causes people to have difficulty getting rid of solid waste (aka, feces粪便) from their bowel. eg Because I have constipation, I tried some **purge medicine (purgative) 泻药** and want to eliminate/evacaute wastes from my body //惊惶失措 consternation [,kɑnstɚ'neʃən] //purge rivals, purge enemies; purgative ['pɜːgətɪv] 泻药= purge medicines; purgatory /ˈpɜːɡətərɪ/: 炼狱般的经历(暂时的苦难 ) |
| 脐带 | umbilical [ʌm'bilikəl] cord 脐带 e.g. Doctors hold the ashen baby upside down by its feet and slap its bottom hard, desperate to detect any signs of life. Birth is, at the best of times, an intense experience. But birth by emergency cesarean section [妇产] 剖腹产术, after the mother is seriously injured by a bomb in war-torn/ravaged city. Mayissa has just been the victim of an airstrike on her way to the hospital in a Syrian city under siege围攻；包围, with just a handful of doctors left. Now on a gurney/stretcher, Mayissa's arm and leg broken, she is in shock as doctors all too familiar with massive injury remove inch-long pieces of shrapnel['ʃræpnəl弹片 from her body.  As doctors pull the baby from her gashed abdomen 腹部腹腔, dread rushes into the operating room. Her baby is silent; white as the tile."Can you hear the thud of his heart heat?" "No. I'm sorry," a doctor responds.The baby’s milky-while umbilical [ʌm'bilikəl] cord脐带 , still attached, is blocked with a pair of forceps医用镊子 (pincer). Doctors gingerly pump his chest, hoping to start the minutes-old heart. A flutter in his umbilical cord脐带 is the first sign of life. His heart is working. //A gurney is a bed on wheels that is used in hospitals for moving sick or injured people. 有轮的病床 |
| (医用)镊子 | **/ˈfɔːsɪps/ forceps** are an instrument consisting of two long narrow arms. Forceps are used by a doctor to hold things. (医用)镊子( v.s. pincers (A **prawn对虾** is a small shellfish with two pairs of **pincers 螯；拨钉钳.)** |
| 解剖刀；外科手术刀 | scalpel ['skælp(ə)l] a thin straight **surgical knife** used in **dissection [daɪ'sekt]/anatomy** and surgery //dissect, dissection: 解剖，**(figurative)详细查究** |
| N .贪食症 食欲过盛（或亢进)症 | bulimia /bjuːˈlɪmɪə/ 暴食症贪食症 V.S. 厌食症: anorexia //pig out 大吃特吃，暴饮暴食 1. Bulimia or bulimia nervosa is an illness in which a person has a very great fear of becoming fat, and so they make themselves vomit after eating a lot or after pigging out. 1. ADJ If someone is bulimic, they are suffering from bulimia. 贪食症的.bulimic patients.…贪食症病人。 e.g. Anorexia, bulimia, and other eating disorders can also cause serious nutritional shortfalls that can affect the health of your teeth. 厌食症、暴食症和其他进食紊乱症都可导致严重的营养不足从而影响你的牙齿健康 2. N-COUNT A bulimic is someone who is bulimic. 贪食症患者 ...a former bulimic.…曾经得过贪食症的人 e.g. She's a bulimic. Every time after she piggs out, she rushes to the toilet and starts to vomit. // pig out (pigging,pigged,pigs) If you say that people are pigging out, you are criticizing them for eating a very large amount at one meal or over a short period of time. 暴饮暴食; 大吃特吃; |
| Adj. 贪食症的; N.贪食症患者 | bulimic /buːˈlɪmɪk/ 1. ADJ If someone is bulimic, they are suffering from bulimia /bjuːˈlɪmɪə/ . 贪食症的 ...bulimic patients 贪食症病人。 2. N-COUNT A bulimic is someone who is bulimic. 贪食症患者 She's a bulimic 贪食症的人 |
| N 厌食症 | anorexia [,ænə'reksiə] V.S. bulimia . Anorexia or anorexia nervosa is an illness in which a person has an overwhelming fear of becoming fat, and so refuses to eat enough and becomes thinner and thinner. 厌食症 => anorexic e.g. Anorexia, bulimia /bjuːˈlɪmɪə/ , and other eating disorders can also cause serious nutritional shortfalls that can affect the health of your teeth. 厌食症、暴食症和其他进食紊乱症都可导致严重的营养不足从而影响你的牙齿健康 |
| Adj. 厌食症的; N.厌食症患者 | anorexic /ˌænəˈrɛksɪk/ 1. ADJ If someone is anorexic, they are suffering from anorexia [,ænə'reksiə] , which causes person to refuse eating, becoming very thin. 患厌食症的 e.g. Claire had been anorexic /ˌænəˈrɛksɪk/ for three years. 已经患厌食症3年 2. N-COUNT An anorexic is someone who is anorexic. 厌食症患者 e.g. Not eating makes an anorexic feel in control. 不进食让厌食症患者感到安然 |
| 精神病学 | psychiatry /saɪˈ**kaɪə**trɪ/ N-UNCOUNT Psychiatry is the branch of medicine concerned with the treatment of mental illness. 精神病学 |
| 精神病的 | psychiatric /ˌsaɪkɪˈætrɪk/ V.S. psyche /ˈsaɪkɪ/ N In psychology, your psyche is your mind and your deepest feelings and attitudes. 心灵  1. Psychiatric means relating to psychiatry. 治疗精神病的 We finally insisted that he seek psychiatric help. 我们最后坚持让他寻求精神病治疗方面的帮助。 2. ADJ Psychiatric means involving mental illness. 精神病的 About 4% of the prison population have chronic psychiatric illnesses. 约有百分之四的监狱犯人患有慢性精神疾病 |
| 逆反心理; 激将法 | **reverse psychology** If you use **reverse psychology** on someone, you try to get them to do something by saying or doing the opposite of what they expect. 逆反心理 e.g. But how about a little reverse psychology? 但是用点逆反心理怎么样？ |
| 残疾的 | handicapped /ˈhændɪˌkæpt/ Someone who is handicapped has a physical or mental disability that prevents them from living a totally normal life. 残疾的 |
| 胆汁 | gall [gɔːl], bile: [bail] a digestive juice that is secreted by the liver and stored in the gallbladder胆囊; aids in the digestion of fat; the bile is bitter, alkaline碱性, brownish-yellow or greenish-yellow fluid, also called gall [gɔːl] e.g. Bears are captured and hunted for bile/gall. //gallbladder ['ɡɔ:l,blædə] a muscular sac attached to the liver that secretes bile and stores it until needed for digestion 胆囊 |
| slang 坏脾气：脾气暴烈粗暴的脾性 [ full of bile = grumpy, bad-tempered] bile: Bitterness of temper; bad tempered, grumpy; eg He is so angry, full of bile. e.g. I'm stereotyped as a grumpy old lady, full of bile. 我被人带着成见视为一个坏脾气的老女人. //grumpy, grumpily = bad tempered //temperament = disposition 气质，性情，性格 |
| 腺; 密封压盖 | 1. 腺 A gland is an organ in the body which produces chemical substances for the body to use or get rid of.; glands腺体 are any of various organs that synthesize substances to a more complex substance that are needed by the body and release it through ducts导管 or directly into the bloodstream[生理] 血流. e.g....the hormones /ˈhɔːməʊn/ that are secreted by our endocrine ['endə(ʊ)kraɪn] glands. …我们的内分泌腺分泌的荷尔蒙。 //synthesize something: combine so as to form a more complex, product 合成xxx V.S. synergy 协同作用 (1+1>2) ['sinədʒi] the working together of two things (muscles or drugs for example) to produce an effect greater than the sum of their individual effects |
| 2. 密封压盖 a gland is a device that prevents leakage of fluid along a rotating shaft or reciprocating rod passing through a boundary between areas of high and low pressure. It often consists of a flanged metal sleeve bedding into a stuffing box.v [ the gland of the pressure-cooker: 高压锅/压力锅的密封压盖 ] |
| 乳腺 | mammary gland乳腺 is a milk-secreting organ of female mammals, any of the milk-producing glands in mammals. In higher mammals, each mammary gland consists of a network of tubes and cavities connected to the exterior by a nipple 乳腺. [ 乳腺炎 mammary gland inflammation [,inflə'meiʃən]] e.g. The mammary glands can secrete the milk; and breast feeding母乳 is the best for the new born BB. //secrete the milk: 分泌乳汁; inflamed gum牙龈发炎 => mammography testing /mæˈmɒɡrəfɪ/ => mammogram /mæməɡræm/ V.S. colonoscopy [,kəulə'nɔskəpi] (test): two screen testing to detect cancers (colon 结肠; intestine 肠子, intestinal /ɪnˈtɛstənəl/ means relating to the intestines. 肠的; bowel 肠子 ） |
| 甲状腺 | thyroid glands ['θairɔid] 甲状腺: Your thyroid or your thyroid gland is an endocrine/ˈɛndəʊˌkraɪn/ gland内分泌腺体 in your neck that produces chemicals which control the way your body grows and functions. 甲状腺； e.g. Located near the base of the neck, the thyroid['θairɔid] is a large endocrine gland内分泌腺体 that produces hormones that help control growth and metabolism[mɛ'tæbəlɪzəm]新陈代谢 //metabolic [,metə'bɒlɪk] system |
| 前列腺 | ['prɔsteit] prostate gland前列腺; a firm partly muscular **chestnut** sized gland in males at the neck of the urethra; produces a viscid secretion that is the fluid part of semen  **//chestnut 毛栗子** |
| 汗腺 | sweat glands （The sweat glands secrete water. 汗腺分泌汗液） |
| (大脑里面的）松果体；松果腺 | (大脑里面的）松果体；松果腺 pineal gland [' pai'ni:əl ] in the brain; pineal body 松果体；松果腺 pineal:[' pai'ni:əl]: resembling a pine cone 松果状的 e.g. The melatonin /ˌmɛləˈtəʊnɪn/ is the hormone-like secretion分泌物 of the pineal gland in the brain, causing skin colour changes in some animals and thought to be involved in reproductive function. e.g. In humans, melatonin levels rise at night, in response to darkness and cues from the circadian clock. 人类的褪黑激素水平在夜晚上升，以响应黑暗和昼夜节律钟发出的信号 //褪黑激素 melatonin /ˌmɛləˈtəʊnɪn/ |
| 内分泌腺 | 内分泌的 endocrine /ˈɛndəʊˌkraɪn/: [ 内分泌系统 the endocrine system; 内分泌腺体 the endocrine gland ] The endocrine system内分泌系统 is the system of glands that produce hormones for the bloodstream, such as the pituitary or thyroid glands ['θairɔid] 甲状腺. e.g....the hormones that are secreted by our endocrine glands. …我们的内分泌腺分泌的荷尔蒙 e.g. Located near the base of the neck, the thyroid['θairɔid] is a large endocrine gland内分泌腺体 that produces hormones that help control growth and metabolism[mɛ'tæbəlɪzəm]新陈代谢 //metabolic [,metə'bɒlɪk] system |
| (药物的) 副作用 | side-effect(药物的) 副作用 V.S. side dishes ((同主菜一起上的)配菜) 1. N-COUNT The side-effects of a drug are the effects, usually bad ones, that the drug has on you in addition to its function of curing illness or pain. (药物的) 副作用 e.g Side-effects include nausea, tiredness/fatigue, and dizziness. 副作用包括呕吐、疲倦和头晕。 2. N-COUNT A side-effect of a situation is something unplanned and usually unpleasant that happens in addition to the main effects of that situation. 附带后果 e.g. One side effect of modern life is stress. 现代生活的一个附带后果就是压力。 // side dishes ((同主菜一起上的)配菜) A side dish is a portion of food served at the same time as the main dish. (同主菜一起上的)配菜 E.G. These mushrooms would make a delicious side dish. 这些蘑菇将会是一道美味可口的配菜 |
| 【医学】完全除去（身体器官或一部分 e.g. flecks），通过手术射线等 | obliterate sth: [In medicine] obliterate is to remove sth completely (a body organ or part), as by surgery or radiation. E.g. The doctors obliterated pimples and flecks雀斑 from my face in a plastic surgery //If something obliterates an object or place, it destroys or ruins it completely. 摧毁; If you obliterate something such as a memory, emotion, or thought, you remove it completely from your mind. (从头脑中) 抹掉 |
| 褪黑激素 | melatonin /ˌmɛləˈtəʊnɪn/N the hormone-like secretion of **the pineal gland,** causing skin colour changes in some animals and thought to be involved in reproductive function 褪黑激素 //(大脑里面的）松果体；松果腺 pineal gland [' pai'ni:əl ] in the brain |
| 并发症 | N-COUNT A complication is a medical problem that occurs as a result of another illness or disease. 并发症 e.g Blindness is a common complication of diabetes. 失明是糖尿病常有的一种并发症 |
| 1. **地方性**的(疾病）；风土的 n. 常见的**地方病**　 2. (情况、问题) 极为普遍的 | **endemic [ɛn'dɛmɪk] V.S. pandemic** If a disease or illness is **endemic** in a place, it is frequently found among the people who live there. 常见的地方病; e..g Polio was **endemic** among children in my age, especially in Nigeria 小儿麻痹症在当时是在我这个年纪的儿童中**常见的疾病**。 |
| 2. If you say that a condition or problem is endemic, you mean that it is very common and strong, and cannot be dealt with easily. (情况、问题) 极为普遍的，常见的 e.g Discrimination against Catholics is endemic in Northern Ireland's institutions. 对天主教徒的歧视在北爱尔兰的公共机构中极为普遍 |
| 肿瘤学 | oncology /ɒŋˈkɒlədʒɪ/, oncologist肿瘤专家, oncological  1. Oncology is the branch of medicine concerned with the study, classification, and treatment of tumours . e.g But many of them are now going into subspecialties of internal medicine, like cardiology and oncology. 如心脏病学和肿瘤学 2. oncology, oncological: of or relating to or practicing oncology 3 oncologist [ɔŋ'kɔlə:dʒist]　a specialist in oncology |
| 体温过低：不正常地低的体温 | hypothermia [,haɪpə(ʊ)'θɜːmɪə] : abnormally low body temperature.体温过低：不正常地低的体温 eg Helicopters/chopper equiped with sophisticated精密尖瑞的 night vision devices, worked through the night to pull passengers off the capsized ferry, one by one. An Italian navy medical team boarded the ship to aid passengers, some of whom had been suffering hypothermia体温过低 and smoke suffocation/smother/choke. The already cold conditions were worsened by the spray of plume of smokes from tugboat/towboat拖船 hoses as authorities attempted to douse the flames. //suffocate, smother, choke |
| 万灵药, 百宝丹; 灵丹妙药,包治百病 | heal-all ['hi:**lɔ:l**] = cure -all [a cure-all solution = a heal-all 万能良药 ; 全能良药; a cure-all 包治百病 = a heal-all ] e.g. A cure-all/heal-all is something that is believed, usually wrongly, to be able to solve all the problems someone or something has, or to cure a wide range of illnesses. 万灵药; e.g He said the introduction of market discipline to the economy was not a magic cure-all/heal-all for its problems. 他说把市场规范引入经济中并不是解决所有经济问题的灵丹妙药 |
| seizure | The act or an instance of seizing or the condition of being seized. 攫取，捕捉 [the seizure of power 夺取政权] eg The public prosecutor in Bari, Italy, said he had requested the seizure of the ship as part of a criminal investigation. Authorities are waiting for authorization from Albanian officials to release the ship, because it is in Albanian waters. Giuseppe Volpe, the prosecutor, added that the owner and the captain of the ship will be notified of the investigation. No charges have been filed  A sudden attack, spasm痉挛, or convulsion, as in epilepsy or another disorder unexpectedly. （病）突然的发作、痉挛或惊厥，如在癫痫其它疾病中　 ［突然(病)发作而死 die from a seizure of /disease/ eg 突然中风而死 die from a seizure of apoplexy／stroke; 突然心脏病发而死: die from a seizure of cardiac attack; 突然心搏停止而死 die from a seize of cardiac arrest] |
| 脱臼脱位的 ; 扰乱 | dislocate; dislocated [脱臼的肩膀 a dislocated shoulder； 脱臼的下巴 dislocated jaw/chin] If you dislocate a bone or joint in your body, or in someone else's body, it moves out of its proper position in relation to other bones, usually in an accident. 使脱臼 e.g. Harrison dislocated a finger. 让一根手指脱臼了。e.g. Lots of students wre injured in the school rampage, including a broken nose, a dislocated shoulder, and a leg fracture骨折 of a cheekbone. eg She's laughing so heavily that her jaw is dislocated accidentally |
| To dislocate something such as a system, process, or way of life means to disturb it greatly or prevent it from continuing as normal. 扰乱 e.g. It would help to end illiteracy and disease, but it would also dislocate a traditional way of life. 它该会有助于消除文盲和疾病，但也会打乱一种传统的生活方式 |
| 使**脱臼**复位; 用**推拿术**治疗 | manipulate, manipulaton [ manipulate my dislocated shoulder; mainpulate my dislocated jaw ] If someone manipulates your bones or muscles, they skilfully move and press your bones or muscles with their hands in order to push the dislocated bones into their correct position or make the muscles less stiff. e. g. The way he can manipulate my leg has helped my arthritis[ɑ:'θraitis] so much. 他针对我的腿部做的推拿治疗对我的关节炎大有帮助。 => N. 推拿术 manipulation e.g. A permanent cure will only be effected by acupuncture针灸, chiropractic按摩, or manipulation推拿术. //If you dislocate a bone or joint in your body, or in someone else's body, it moves out of its proper position in relation to other bones, usually in an accident. 使脱臼 my dislocated shoulder/jaw |
| (尤指骨头) 断裂 N/V | fracture /ˈfræktʃə/ 断裂的骨头在愈合 e.g. I've got a **reckless** skiing, and I underwent **a serious bone frature.** Now, the **ruptured** bones are **knitting** together properly. //a reckless driver鲁莽的，不及后果的 |
| (体内组织) 破裂; 使患疝气；　**双方的(关系) 破裂; 决裂** | rupture /ˈrʌptʃə/ |
| 肝炎 | [,hepə**'taitis**] hepatitis A; hepatitis B. 乙型肝炎; hepatitis c 丙型肝炎 Inflammation[医]炎症发炎 of the liver, caused by infectious/contagious or toxic agents and characterized by jaundice/ˈdʒɔːndɪs/黄疸 , fever, liver enlargement, and abdominal pain. e.g. Note: Patients with hepatitis[,hepə'taitis] B, syphilis ['sɪfɪlɪs][性病] 梅毒 , AIDS patients, hepatitis C [,hepə'taitis] patient,and sexually active homosexual men can not participate in blood donation. e.g. An outbreak of "hepatitis [,hepə'taitis] A" caused by imported frozen strawberries from Egypt has sickened 55 people in six states, the US Centers for Disease Control and Prevention said Wednesday. Health authorities confirmed 44 total infections in Virginia, where the outbreak first appeared. Hepatitis[,hepə'taitis] A is a viral liver infection that is highly contagious but does not result in chronic infection. "Due to the relatively/comparatively long incubation period潜伏期 for hepatitis A -- 15 to 50 days -- before people start experiencing symptoms, we expect to see more ill people reported in this outbreak," Hepatitis[,hepə'taitis] A is spread from person to person. The most common way the virus is transmitted is when someone eats something that has been contaminated with the feces['fisiz]排泄物 of an infected person. //symptom -> symptomatic ['sɪmptə'mætɪk]; incubate: When birds incubate/hatch their eggs, or when they incubate, they keep the eggs warm until the baby birds come out. 孵 (卵); 孵化; When an egg hatches or when a bird, insect, or other animal hatches an egg, the egg breaks open and a baby comes out. 孵化 e.g. The eggs hatch after a week or ten days. 这些蛋1周或10天后孵化 |
| [医] 糖尿病 | diabetes [,daɪə'bitiz] Any of several **metabolic[,metə'bɒlɪk] disorders** marked by excessive discharge of urine排尿 and persistent thirst, especially one of the two types of diabetes mellitus. 一种**新陈代谢失调症**，以排尿过多和持续的口渴为特征，尤指糖尿病的两种类型之一 |
| 梅毒 | syphilis ['sɪfɪlɪs] A chronic infectious/contagious disease caused by a spirochete(Treponema pallidum), either transmitted by direct contact, usually in sexual intercourse, or passed from mother to child in utero, and progressing through three stages characterized respectively by local formation of chancres, ulcerous skin eruptions, and systemic infection leading to general paresis. |
| 拔牙 | tooth extraction e.g. I wanna extract all my wisdom teeth. **// tooth pick[轻] 牙签; dental floss 牙线; tooth braces牙箍/牙齿矫正器; tooth brush 牙刷; tooth paste 牙膏** |
| menstruation | [menstrʊ'eɪʃ(ə)n], The process or an instance of discharging the menses = **period** eg **During my menstruation/period**, xxx eg Women 3 days before and after **menstruation** cannot join the blood donation. |
| 流产 | **miscarriage = spontaneous abortion:** Premature expulsion of a nonviable不能成活 fetus['fitəs]胎儿 from the uterus/womb子宫. //vagina [və'dʒaɪnə] n. [解剖] 阴道；叶鞘；鞘 |
| [解剖] 阴道 | **vagina [və'dʒaɪnə] n. [解剖] 阴道；叶鞘；鞘** |
| adj. 伤寒的；斑疹伤寒症的 n. 伤寒 | **/ˈtaɪfɔɪd/ Typhoid** or typhoid fever is a serious **infectious** disease that produces fever and **diarrhea [,daɪə'riə]腹泻痢疾** and can cause death. It is spread by dirty water or food. |
| n. 腹泻，痢疾 | diarrhea [,daiə'riə] frequent and watery bowel movements; can be a symptom of infection or food poisoning or colitis or a gastrointestinal tumor //I got the trots (与the 连用) 拉肚子 infantile diarrhea 婴儿腹泻 ; 小儿腹泻 ; Infectious diarrhea 感染性腹泻 ; 急性肠胃炎 pancreatic diarrhea 胰源性腹泻 |
| 我拉肚子了，腹泻 (与the 连用) | I got **the** trots/ have **the** trots = **I lost my bowels. //constipation[医]便秘; purge medicine, purgative** |
| tonsillectomy; dysentery |  |
| 黄疸 | jaundice /ˈdʒɔːndɪs/  Jaundice is an illness that makes your skin and eyes become yellow. 黄疸 e.g. The classical symptom of hepatitis[,hepə'taitis] is jaundice -- a yellowing of the skin or the eyes -- other signs include fever, fatigue, loss of appetite, nausea[ˈnɔ:ziə], vomiting/throwing up, [æb'dɒmɪn(ə)l]abdominal pain (belly, tummy, stomach), dark urine and light-colored stools, but not including the skin rash[皮肤] 皮疹. |
| 肺炎 | **pneumonia** is a serious disease that affects your lungs and makes it difficult for you to breathe. 肺炎 She nearly died of pneumonia. 她差点死于肺炎 |
| 抽搐， 痉挛 | spasm /ˈspæzəm/  **[ muscle spasm 肌肉痉挛; facial spasm[医]面痉挛, 面瘫； postmortem spasm 死后抽搐 V.S. jerk: 肌肉抽搐 ]** A spasm is a sudden tightening of your muscles, which you cannot control 抽搐， 痉挛； e.g. A muscular spasm in the coronary artery 冠状动脉 can cause a cardiac attack. 冠状动脉内肌肉痉挛会导致心脏病发作; e.g. The child in a spasm kept twisting his arms and legs. 那个害痉挛的孩子四肢不断地抽搐 |
| 腹部的 | abdomen /ˈæbdəmən/ Your abdomen is the part of your body below your chest where your stomach and intestines are. 腹部 => abdominal /æbˈdɒmɪnəl/ V.S. belly, stomach, tummy [ abdominal pain 腹痛; abdominal cavity 腹腔; abdominal wall 腹壁; abdominal muscles腹肌; abdominal obesity 肚腩赘肉; 腹部肥胖症 ; abdominal pregnancy 腹孕 ; 腹部妊娠; abdominal belt 腹部引力带 ] 1.ADJ Abdominal is used to describe something that is situated in the abdomen or forms part of it. 腹部的 e.g. ...vomiting, diarrhea, and abdominal pain腹痛. e.g. He went into the hospital to undergo tests for a pain in his abdomen. 他去了医院接受对他的腹部疼痛进行的各项检查 e.g. Ebola[i'bəulə] is spread through contact with infected bodily fluids. Symptoms can include fever, headache, muscle pain, fatigue, diarrhea[,daiə'riə] 腹泻，痢疾, vomiting/throwing up, /æbˈdɒmɪnəl/ abdominal pain , and hemorrhaging ['hemərɪdʒ] 出血. These symptoms can begin two to 21 days after exposure, which indicates a short incubation period潜伏期. |
| 患肠绞痛,肚子绞痛 | **gripe: vt. 绞痛；握紧 have gripes[graɪp] in stomach; have gripes in tummy** ; have gripes in bowel. E.g To have sharp pains in bowels, stomach, or **tummy //tummy 肚子；胃 V.S. abdomen /ˈæbdəmən/腹部** |
| 反胃的/倒胃口的 | stomach-turning [倒胃口的消息 a stomach-turning news] //I don't have an appetite.我没有胃口 eg Two terrorists tweeted pictures of themselves with the decapitated/beheaded斩首 heads of Syrian government fighters. U.S. Secretary of State John Kerry called the picture "one of the most disturbing, stomach-turning photographs ever displayed. //My stomach churns with nausea [ˈnɔ:ziə]. |
| [医]输血 | transfusion of the blood; infusion of blood [医]输血 //infuse: To infuse a quality(某种特性) into someone or something, or to infuse them with a quality, means to fill them with it. 注入 (某种特性) e.g. Many of the girls seemed to be infused with excitement on seeing the snow. 许多女孩子似乎一看到雪心里就充满了兴奋 |
| [医]骨关节炎; | osteoarthritis A form of arthritis, occurring mainly in older persons, that is characterized by chronic degeneration of the cartilage of the joints |
| 小儿麻痹症 | polio, /ˈpəʊlɪəʊ/ Polio is a serious infectious disease that often makes people unable to use their legs, kind of paralysis 小儿麻痹症. Polio is an acute viral disease marked by inflammation of nerve cells of the brain stem脑干 and spinal cord[解剖] 脊髓 //paralyzed 瘫痪的 (paralyzed power system; paralyzed transportation system)；麻痹的 e.g. Glace was crippled by polio at the age of 3. 因小儿麻痹症而瘸了 |
| 霍乱 | cholera /ˈkɒlərə/ Cholera is a serious disease that often kills people. It is caused by drinking infected water or by eating infected food. 霍乱 ..a cholera epidemic. …一场霍乱疫情 e.g. UNICEF estimates that 1.4 million children a year die from diseases such as pneumonia and cholera, easily preventable with better hygiene. "Soap and health and hygiene have a huge impact in our world," |
| 疟疾；瘴气 | [mə'lɛrɪə] malaria: An infectious/contagious disease characterized by cycles of chills, fever, and sweating, caused by the parasitic infection of red blood cells by a protozoan of the genus Plasmodium, which is transmitted by the bite of an infected female anopheles mosquito. Also called paludism ,swamp fever. eg The report warns malaria-related death toll may soon surpass those from Ebola. |
| stroke | A sudden severe attack, as of paralysis麻痹 or sunstroke. (病情的）突然发作； 一次突然的猛烈攻击，如麻痹和中暑 (sunstroke.) e.g Three weeks ago, Nathan had suffered a stroke, Lee said. According to Reuters, the stroke was his second in recent years, with the latest having placed him in life-threatening condition有生命危险. Nathan, who held office from 1999 to 2011, was the longest-serving president of Singaporee. The Prime Minister described Nathan as a "warm and approachable" leader who "impressed visitors with his knowledge of world affairs, and served with dignity and distinction." //butterfly; breaststroke蛙泳; backstroke; freestyle |
| sunstroke | 中暑 it's so hot that I got a sunstroke |
| [病理] 出血. | **hemorrhage ['hemərɪdʒ], a brain hemorrhage ['hemərɪdʒ] (脑溢血)** eg Teresa had a heart transplant and was just recovering/healing from that ordeal when she suffered **a brain hemorrhage ['hemərɪdʒ] (脑溢血)** |
| 痛风; 关节炎， | [ɡaut] gout Pathology[pə'θɔlədʒi]病理学: A disturbance of uric-acid metabolism [mi'tæbəlizəm, me-] occurring predominantly in males, characterized by painful inflammation发炎 of the joints, especially of the feet and hands, and arthritic attacks resulting from elevated levels of uric acid in the blood and the deposition of urate crystals around the joints. The condition can become chronic and result in deformity. [stroke:中风] |
| 心血管的，与心血管有关的 | **cardio**vascular [,kɑ:diəu'væskjulə] Of, relating to, or involving the heart and the blood vessels **[ cardiovascular disease 心血管疾病；冠心病; cardiovascular system[医]心血管系统; cardiovascular surgery心血管外科; ]** |
| heart/cardiac attack | cardiac attack; cardiac arrest 心搏停止; 心脏病发作 |
| cardiac arrest | (slang) Sudden cessation of heartbeat and cardiac function, resulting in the loss of effective circulation. 心搏停止，心脏停跳 [cardiac attack:heart attack] |
| (心脏发出的) 杂音 | • N/v 低语/窃窃私语; 低声抱怨；(河水)潺潺声; (远处谈话等)轻微连续的低声 murmur ['mɜːmə] //nag: 唠叨 4.N A murmur is an abnormal sound which is made by the heart and which shows that there is probably something wrong with it. (心脏发出的) 杂音 [ a heart murmur ] e.g. The doctor said James had now developed a heart murmur. 医生说詹姆斯 心脏现在出现了杂音。 1.V-T If you [murmur something] or [murmur sth to sb], you say it very quietly, so that not many people can hear what you are saying. 小声说 ; N) They spoke in low murmurs. E.g. He turned and murmured something to the professor. 小声/窃窃私语对教授说了些什么. E.g. “How lovely," she murmured. 她低声说。 2. V/N 低声抱怨 a complaint uttered in a low and indistinct tone.  => 毫无怨言的做xxx If someone [ does something without a murmur ], they do it without complaining. e.g. Then came the bill and my friend paid up without a murmur. 我朋友毫无怨言地结了帐 3.N A murmur is a continuous low sound, like the noise of a river or of voices far away. (河水)潺潺声; 远处谈话等轻微连续的低声 e.g. The piano music mixes with the murmur of conversation. 钢琴音乐与轻轻的谈话声混合在一起。 E.g. Listen to the vivid murmur of the river (河水)潺潺声 |
| [解剖]软骨; | ['kɑːt(ɪ)lɪdʒ] cartilage A tough, elastic, fibrous connective tissue found in various parts of the body, such as the joints, outer ear. A major constituent of the embryonic and young vertebrate skeleton, it is converted largely to bone with maturation. 软骨组织：一种见于身体的各个部位，如关节、外耳和喉部的坚韧、有弹性、纤维状的连结性组织。是胎儿和幼年脊椎动物骨胳的主要组成部分，后来大都转变为骨头 |
| 软组织受伤 | Soft tissue injuries: A Soft tissue injury (STI) is the damage of muscles, ligaments and tendons throughout the body. Common soft tissue injuries usually occur from a sprain, strain, a one off blow resulting in a contusion or overuse of a particular part of the body. |
| N/V 扭伤; 歪伤 | sprain /spreɪn/  1. V-T If you sprain a joint such as your ankle, wrist, or waist, you accidentally damage it by twisting it or bending it violently. 扭伤 (关节) e..g He fell and sprained his ankle.他跌了一跤，扭伤了脚踝。 [ my sprained ankle; my sprained wrist; my sprained waist ] [ sprain my ankle; sprain my wrist; sprain my waist ]  2.N-COUNT A sprain is the injury caused by spraining a joint. 扭伤 e.g. Rubin suffered a right ankle sprain when she rolled over on her ankle. 鲁宾摔倒时身体压到了脚踝上导致右脚踝扭伤 |
| 韧带 | A ligament ['lɪgəm(ə)nt] is a band of strong tissue in a person's body which connects bones. 韧带; He suffered torn ligaments in his knee. 他的膝部韧带撕裂了 [ torn ligament 撕裂的/拉伤的韧带] e.g. He suffered from torn ligaments in his knee. 他的膝部韧带撕裂了 e.g. A Soft tissue injury 软组织受伤 is the damage of muscles, ligaments and tendons/ˈtɛndən/腱 throughout the body. Common soft tissue injuries usually occur from a sprain扭伤, strain, a one-off一次性的 blow resulting in a contusion or overuse of a particular part of the body. |
| 腱 | tendon /ˈtɛndən/ tendon is a strong cord 绳索 in a person's or animal's body which joins a muscle to a bone. 腱 [ 拉伤的腱 torn tendon; 肌腱损伤, 肌腱破裂: tendon rupture ] e.g. ...a torn tendon in his right shoulder. …他右肩一根被拉伤的腱 e.g. A Soft tissue injury 软组织受伤 is the damage of muscles, ligaments ['lɪgəm(ə)nt and tendons/ˈtɛndən/腱 throughout the body. Common soft tissue injuries usually occur from a sprain扭伤, strain, a one-off一次性的 blow resulting in a contusion or overuse of a particular part of the body. |
| 骨折 | fracture /ˈfræktʃə/  1. N. A fracture is a crack or break in something, especially a bone. (尤指骨头) 断裂 [ 骨折: a bone fracture; (臀部)髋骨骨折: a hip fracture (骨折的); 骨头愈合:The ruptured bones knit together ] e.g. At least one-third of all women over ninety have sustained a hip fracture. 有1/3遭受过(臀部)髋骨骨折。 e.g. For example, you got a bone fracture. When the ruptured bones knit (骨头) 愈合 together, the broken pieces grow together again. e.g. The ruptured bone hasn't knitted together properly. (骨折的）骨头还没有完全愈合 //knit: 1. weave 2. [ (骨头) 愈合  2. V-T/V-I If something such as a bone is fractured, it gets a crack or break in it. 折断 e.g. You've fractured a rib / My one rib is fractured, maybe more than one. 你断了一根肋骨，也许不止一根。 |
| 体液 | bodily fluid |
| 排泄物 | feces ['fisiz] = evacution 排泄物，泻出物(尤指粪便) e.g. An outbreak of "hepatitis A" caused by imported frozen strawberries from Egypt has sickened 55 people in six states, the US Centers for Disease Control and Prevention said Wednesday. Health authorities confirmed 44 total infections in Virginia, where the outbreak first appeared. Hepatitis[,hepə'taitis] A is a viral liver infection that is highly contagious but does not result in chronic infection. "Due to the relatively/comparatively long incubation period潜伏期 for hepatitis A -- 15 to 50 days -- before people start experiencing symptoms, we expect to see more ill people reported in this outbreak," Hepatitis[,hepə'taitis] A is spread from person to person. The most common way the virus is transmitted is when someone eats something that has been contaminated with the feces排泄物 of an infected person. //symptom -> symptomatic |
| 【医学】结肠镜检查 | **[ colon 结肠; intestine 肠子; intestinal /ɪnˈtɛstənəl/ means relating to the intestines. 肠的; bowel 肠子 ] colon**oscopy [,kəulə'nɔskəpi] visual examination of the colon (with a colonoscope /kəˈlɒnəˌskəʊp/ ) from the cecum to the rectum; requires sedation |
| 乳房X线摄影术 | mammography [mæ'mɔɡrəfi] Mammography is the use of X-rays to examine women's breasts in order to detect cancer. e.g. Obamacare eliminated the costs and **out-of-pocket expenses** for Americans wanting preventive health care services -- including **mammography [mæ'mɔɡrəfi] and colonoscopy** [,kəulə'nɔskəpi], both tests able to detect cancer. Among older Americans, use of mammography increased under Obamacare, according to a study published Monday in the journal Cancer. But another preventive screen test, colonoscopy, didn't see a similar increase. //ADJ Out-of-pocket expenses are those which you pay out of your own money on behalf of someone else, and which are often paid back to you later. 需现款支付的, 自掏腰包的 [ 自掏腰包的花费 out-of-pocket expenses V.S. outlay ] Outlay is the amount of money that you have to spend in order to buy something or start a project. (必要的) 费用 => capital outlay资本支出，基建投资; initial outlay开办费用，创始费用 |
| 乳房X线**照片** | mammogram /ˈmæməgræm/ N-COUNT A mammogram is a test that uses x-rays to check whether women have breast cancer. 乳房X光摄影检查 e.g. Obamacare eliminated the costs and out-of-pocket expenses for Americans wanting preventive health care services -- including mammography and colonoscopy, both tests able to detect cancer. Among older Americans, use of mammography increased under Obamacare, according to a study published Monday in the journal Cancer. But another preventive screen test, colonoscopy, didn't see a similar increase. Offered a free mammogram, more women of all income and education levels accessed the test |
| disorders | |  | | --- | |  | |
| 多动症 | hyperactivity 多动 => hyperactivity disorder |
|  |  |
| euphoria | Euphoria /juː'fɔːriə,juˋfɔrɪə/ an extremely/extravagantly strong feeling of happiness and excitement, which usually only lasts for a short time, which is abnormally actually. 【医] 异常高兴; 异常开心兴奋. [ thesaurus: pleasure ]  e.g. I drank too much coffee this afternoon and now I'm full of euphoria, with insomnia 失眠..异常情绪高亢.  e.g. There was a general atmosphere of pessimism悲观 after the euphoria /juː'fɔːriə /of last year. 去年的狂喜过后出现了普遍的悲观气氛。 |
| paranoia; paranoid | paranoia /ˌpærəˈnɔɪə/  1. If you say that someone suffers from paranoia/ˌpærəˈnɔɪə/ , you think that they are TOO suspicious and TOO afraid of other people. 1多疑症; 2恐惧症 e.g. The mood is one of paranoia and expectation of war. 这种情绪是一种对战争的恐惧和盼望。  2. In psychology, if someone suffers from paranoia/ˌpærəˈnɔɪə/, they wrongly believe that other people are trying to harm them被害妄想症, or believe themselves to be much more important than they really are. 偏执狂;  =>  paranoid /ˈpærəˌnɔɪd/ 1. ADJ If you say that someone is paranoid, you mean that they are extremely suspicious and afraid of other people. 多疑的; （以为多疑才）恐惧的  e.g. I'm not going to get paranoid about it. 不会对此过分猜疑的。   e.g. ...a paranoid politician (多疑的政治家) who saw enemies all around him. …一个把自己周围的人都视为敌人的多疑的政治家。  E.G. She’s is such a paranoid person. 多疑的人  N) A paranoid is sb. who is exhibiting or characterized by extreme fear or distrust of others 多疑症/恐惧症患者 2. ADJ Someone who is paranoid suffers from the mental illness of paranoia. 患偏执狂的; 患妄想狂的 e.g....paranoid delusions. …偏执狂的错觉。  3. N) A paranoid is someone who is paranoid. 偏执狂; 妄想狂  e.g. ...these sad, deluded [dɪ'l(j)uːd] paranoids. …这些可悲的、被蒙骗的妄想狂们 Relating to, characteristic of, or affected with paranoia. 偏执狂患者 //V) 1. 自欺欺人 delude [dɪ'l(j)uːd] onself 2. 蒙骗/哄骗sb.相信假的东西 delude [dɪ'l(j)uːd] sb. into thinking that |
| hysteria | hysteria[hɪ'stɪərɪə], hysterical [hɪ'stɛrɪkl], hysterically  1. Someone who is hysterical is in a state of uncontrolled excitement, anger, or panic... it's too over 歇斯底里的,不正常（生气，哭泣，兴奋，伤心..)  e.g. Police and bodyguards had to form a human shield人墙 around him as the almost hysterical crowds struggled to approach him. 当近乎 歇斯底里的人群 奋力接近他时。 e.g. She's crying hysterically, just like a kid out of control. 2. Hysterical laughter is loud and uncontrolled. 歇斯底里的/疯狂失控的狂笑 [ burst into hysterical laughter = laugh hysterically ];  e.g. The young woman burst into hysterical laughter. 那个少妇 突然 歇斯底里的/疯狂失控的狂笑。 e.g. She says she hasn't laughed as hysterically since she was 13. 没有像这样狂笑过。  3. hysterical = funny and amusing, witty 非常滑稽的,诙谐风趣 If you describe something or someone as hysterical, you think that they are very funny and amusing, and witty and they make you laugh a lot. [ 一个诙谐风趣的人 a hysterical, funny and amusing person = a witty person]  e.g Paul was the Master of Ceremonies (MC) 司仪, and he was pretty hysterical, funny and amusing / witty. 担任司仪，他相当 诙谐风趣.  e.g. It wasn't supposed to be a comedy but I found it hysterically funny. 它本不是个喜剧，可我觉得它非常滑稽。 |
| histrionic |  |
| borderline |  |

## 1st row) Stress response: fight or flight

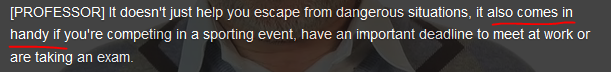
## done mp3 Video) Stress response

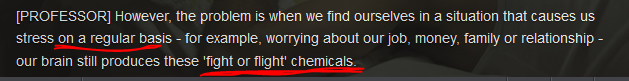














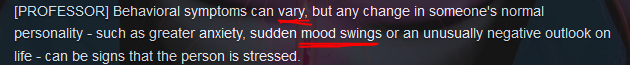




















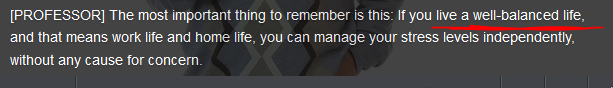












## done mp3) Advices for dealing with stress

# STOP

## Conclusion: how to decompress/reduce press/relieve sb from press 减压

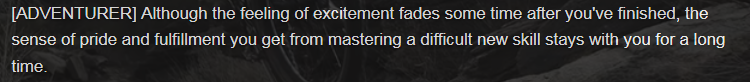
Symptoms or causes of sb **feeling stressed out**

* + He’s got high blood pressure
  + It’s a heavy workload.
  + We’ll get burnt out/we’re totally depleted/frazzled.
  + **I’m totally consumed by** work/by study/by life.
  + **I have such as hectic schedule today that I forgot to eat at all.**

There are many strategies to reduce and relieve stress, the ways of coping with your press, to help you **decompress** = relieve you from tense press

* Take a **breather** = take a short breaker e.g. During the tense **hectic schedule**, you ought to **take a breather** sometimes.
* **Put it on the back burner**; and move on to the next one, which means **it might be a good idea to postpone something (“p”不发音)** for a while. After you finish the current one, **take a breaker** and then come back to the previous one **on the back burner.** = postpone/procrastinate
* **Don’t sweat the small stuff.** 不必为小事庸人自扰, 莫为小事情烦恼/不要钻牛角尖
* Recharge your batteries = reenergize yourself
* **Make some headway** = make some progress and look forwards.
* You should definitely tell your boss about your press or any risk. **Calling ahead couldn’t hurt 提前说出来才不会有伤害 .**
* **What you need to do is set priorities, well the most important and urgent V.S. the least imporant**, which means that you can **put something less important on the back burner**.
* **Take up a new sport or hobby**









* Relaxation techniues to decompress/reduce press/relieve from press
  + Meditation 冥想:
  + Yoga
  + PMR: Progressive Muscle Relaxation (PMR) is a practice which involves systematically tensing and relaxing muscles
  + Deep breathing: inhale, exhale deeply
  + Mindful eating: 意念进食
  + Self-massage
  + Aerobics

## 2nd row)Grammar: how to emphasize

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| --- | --- |
| **Expansion: Adding emphasis** | |
|  |  |
| Sometimes speakers want to focus attention on a particular thing or idea. One way to do that is to change the order of a sentence. In some grammar books, this is referred to as a **cleft sentence** (cleft sentence). One way is to reorder a sentence for emphasis by beginning with **What**. Then, connect the remainder of the sentence with **be**. Notice that the emphasis is on **constant noise** in the first sentence and how it changes to **frustrates me** with the **What** cleft. | |
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| --- | --- |
|  | The constant noise frustrates me. |
|  |  |

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| --- | --- |
|  | **What frustrates me is** the constant noise. => **“what” cleft sentence** |
|  |  |
| You can also put **What** expressions in front of a sentence to emphasize the entire sentence. | |
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|  |  |

|  |  |
| --- | --- |
|  | You need to be more careful. |
|  |  |

|  |  |
| --- | --- |
|  | **What you need to do is** be more careful. => **“what” cleft sentence** |
|  |  |

|  |  |
| --- | --- |
|  | The moment you relax, your immune system crashes. |
|  |  |

|  |  |
| --- | --- |
|  | **What happens is,** the moment you relax, your immune system crashes. |

**What happens is**, the moment you slow down, your immune system crashes.

|  |  |
| --- | --- |
| You can also emphasize with **so +** adjective followed by a **that** clause. | |
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|  |  |

|  |  |
| --- | --- |
|  | I'm **so nervous that** I can't focus. |

|  |  |
| --- | --- |
|  | Lolo was **so consumed by life that** she forgot to eat. |
|  | He was so sleep deprived and malnourished that he came down with a cold. ???? |
| You can also add emphasis using **so much +** adjective, preposition or noun phrase, and then a **that** clause. | |
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| --- | --- |
|  | The traffic's gotten **so much worse that** I've started taking the subway. |
|  |  |

|  |  |
| --- | --- |
|  | She's got **so much on her mind that** she scheduled two meetings for the same time. |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Gary's under **so much pressure at work that** he becomes a nervous wreck. | | |
|  |  | | |
| You can also emphasize with **such a** or **such an +** a noun or a noun phrase followed by a **that** clause. | | |
|  | |  |
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| --- | --- |
|  | He was **such a wreck that** he forgot it was his birthday. |
|  |  |

|  |  |
| --- | --- |
|  | Daniel is **such a conscientious student that** I'm sure he'll do well. |
|  |  |
| Note: You cannot substitute **so** or **such** with **very**. Remember, you can omit **that** in all of these sentences. | |
|  |  |

## done mp3) How to emphasize a point



## 3rd row) Expressing help and support

Hi Caleb,

I got your letter yesterday- thank you for the picture of the wedding. I **framed it**(the picture把照片表了起来) and put it on the **mantel** next to your graduation picture. Does the time ever fly!

I understand you are under a lot of stress looking for a new place. Moving can be that way. It sounds like you are looking at a lot of places, and that can be very **overwhelming**. Probably **what you need to do is** **narrow down the area** you are looking in. **It might be a good idea to** visualize what your life would be like in the different areas of the city and decide on one. Then only look at property in that area. When you make a list of **pros and cons**, you **ought to** consider the commute, where you’ll do your **grocery shopping**, and even though you’re not there yet, thinking about the schools in the area couldn’t hurt.

It’s always hard to know if you are making the right decision, so don’t be afraid to ask to view the house a few times before you make an offer. And you should **definitely** try to schedule your viewings at different times of the day and week to get an idea of what the place is like at different hours. As for the condition, **caveat emptor**, or “buyer beware” applies, so the only solution is to hire a professional **house inspector验房的专员** , and ask **loads of/tons of** questions. My neighbor Dale’s son is an inspector. Why don’t you try giving him a call? I think his fee is about $500. Let me know if you would like his phone number and I’ll get it for you.

Well, let me know how it all goes and please give my regards to Tanya.

Love,

Grandad Jack

## 4th row) Offer help to a friend who **is beyond stressed out**

## done mp3)



Your friend Jen is really stressed out about work. Listen to her problems and choose the most sensible chelp and support.

# Part 2)

## STOP\*\* Lexical resource

* natal ['neɪtl] relating to birth 出生的 **[ my natal country 我出生的祖国; my natal island]**  
  e.g. Green turtles return to their **natal island** to breed. 绿毛龟回到它们出生的岛上繁殖

e.g **PRE-And POST-natal YOGA**  
This class provides a safe and supportive environment to prepare, through yoga and breathing techniques, for pre/post birth and new motherhood. Postures are modified to accommodate the **changing needs of a mother-to-be and new mom. Post-natal moms are welcome to bring pre-mobile** babies. A great place to connect.

* **stillbirth** /ˈstɪlˌbɜːθ/: A stillbirth is the birth of a dead baby. 死产; 死胎

Comparing stillbirth rates in 1995 to 2009, the least progress has been seen in sub-Saharan Africaand Oceania.  比较了1995年至2009年的死产率之后发现，撒哈拉以南非洲和大洋洲的进展最慢。

2.Intimate partner violence in pregnancy also increases the likelihood of miscarriage, stillbirth, pre-termdelivery and low birth weight.  妊娠期间的亲密伴侣暴力还会增加流产、死产、早产和低出生体重的可能性。

3.Obstruction can lead to prolonged labour, which increases the risk of caesarean section, heavy bleeding, distress in the infant and stillbirth.  阻塞可能使分娩时间延长，从而增加剖腹产、大出血、婴儿窘迫和死产的危险。

* Contortion N\_

1. contortion [kən'tɔːʃ ə n] a twisted position or movement that looks surprising or strange 扭曲的姿势[动作] **[ facial contortions 面部扭曲 ]**   
   e.g. I could not force my body into the contortions required by classical ballet. 我无法按古典芭蕾的要求把自己的身体弄成扭曲的姿势。=> V) distort: 扭曲；使失真；曲解
2. [U] when something is twisted so that it does not have its normal shape 扭曲，变形e.g. involuntary muscle contortion 不由自主的肌肉扭曲
3. [figurative meaning] contortion is something difficult you have to do in order to achieve something困难，周折 **[ 费尽周折做 xxx : go through a series of contortions to do sth ]** V.S. **sail through: someone or something sails through a difficult situation or experience, they deal with it easily and successfully. 轻易完成; 顺利通过**e.g. He **went through a series of amazing contortions to** get Karen a work permit. 他 费尽周折 才为凯伦弄到了一张工作许可证。
4. 柔体杂技演员contortionist /kən'tɔːʃənɪst/ someone who twists their body, like limbs, into strange positions in order to entertain people in some **acrobatic show(杂技的；特技的)**

* **[ drum up] 招徕（顾客,生意）= tout**；竭力争取；纠集；鼓动 If you drum up support or business, you try to get it. 竭力争取 **[ drum up business ]**   
  e.g.  It is to be hoped that he is merely **drumming up** business. 他只是在 招揽生意。

e.g. Yoga is a well-recognized manner of stress relief. It has been **touted/drummed up** 招徕顾客；拉选票to offer many benefits ranging from back pain relief to **spiritual enlightenment**. Originating in India, yoga is understood in the western world mainly as a set of physical poses concoupled with breathing exercises. There are a number of variations on the practice, ranging from energetic to meditative. Yoga practitioners claim that yoga is an effective form of stress relief, which is its major appeal in the West.

* Rejuvenate  
  e.g. If stress and anxiety are getting the better of you, you might want to join one of the yoga classes that are being taught seemingly everywhere. Yoga has many styles with varying intensities, but if what you are looking for is a way to shake off your stress, hit a Hatha yoga class. Known for its **rejuvenating** effect, Hatha yoga is a moderate intensity combination of **revitalizing** movement and calming breath exercises. You may have heard that yoga involves a lot of stretching - it does - but you don’t have to be extraordinarily limber to join a class, in fact you’ll find that most people attending a yoga class are of average fitness level. So, don’t be intimidated - there’s no need to be a contortionist and, in any case, yoga is not a competitive sport! So make like a downward facing dog and try yoga. You’ll be hooked!
* ['nɒstrɪl,'nɒstrəl]  nostil, nostrils: one of the two holes at the end of your nose, through which you breathe and smell things 鼻孔   
  e.g. The smell of gunpowder filled his **nostrils**. 火药味灌进他的鼻孔。  
  e.g. **[ nostril (鼻孔['nɒstr(ə)l]) congestion: 鼻塞]** Since spicy chilli shrinks blood vessels in your nose and throat, **relieving your [nostril congestion]** 因为辣椒可收缩鼻腔和喉咙血管来 **缓解充血**。 // Congestion: in a part of the body is a medical condition in which the part becomes blocked. (身体部位的) 堵塞, 淤血   
  e.g. “Deep breathing: If you aren't already doing so, sit down. Then, just close your eyes. Check your body for any tension. Get more comfortable. If you notice any tension, just release it. Let the jaw soften and drop. Take a deep breath in. Feel it fill your lungs. Then, let it out. And relish/enjoy the feeling.  Hear the sounds around you, and notice your breathing continuing alongside the sounds. Notice the feeling of the breath in your **nostrils['nɒstr(ə)l]鼻孔**. Notice the rest of your body. Notice what is happening now, in your body and in your surroundings.
* ['relɪʃ] relish sth: to enjoy an experience or the thought of something that is going to happen 喜爱；享受 [ relish the prospect/thought/idea ] e.g. I don’t relish the thought of you walking home alone. 我可不想让你一个人走回家。  
  **[ relish the chance/opportunity to do sth 很高兴能有机会xxx ]** e.g. He **relishes the chance to play** Hamlet. 他 **很高兴能有机会** 扮演哈姆雷特
* equanimity /ˌiːkwəˈnɪmɪtɪ, ˌɛk-/ Equanimity is a calm state of mind and attitude to life, so that you never lose your temper or become upset. 平静; 坦然   
  => [wind down](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\?keyword=wind%20down&lang=en) V)： 平静下来；放松一下；（钟表等）慢下来  
  e.g. His sense of humour allowed him to face adversaries with equanimity.   他的幽默感让他在面对对手时也不失平静。
* // [træn'send] to go beyond the usual limits of something 超越，超过，超出 e.g The desire for peace transcended political differences. 对和平的渴望超越了政治分歧
* 思考，考虑，深思

|  |  |
| --- | --- |
| meditate, meditation / ponder / ruminate/ deliberate | meditate, meditation, meditative['medɪ,tətɪv; -,teɪtɪv] 1.V-I 仔细考虑或思索/深思xxx : If you meditate on sth, you ruminate on it, ponder, or think about it very carefully and deeply for a long time. e.g. She meditated/ruminate on the uncertainties of her future. 她深思了未来的种种不确定 V.S. dwel[l o]n sth: to think, speak, or write at length 细想xxx; 详述xxx  ['medɪteɪt,'medəteɪt]  1.  [I] to think seriously and deeply about something  思考，沉思，深思  [+ on/upon]  •She sat quietly, meditating on the day’s events. 她静静地坐着，思考着这一天发生的事。  2.  [I] to spend time sitting in a silent calm state, in order to relax completely or for religious purposes  默想；冥想，打坐  •I try to meditate for half an hour every evening. 我每天晚上尽量默想半小时。  3.  [T] formal to plan to do something, usually something unpleasant  策划，计划〔不好的事〕  •Silently she meditated revenge. 她默默地计划着复仇。 |
| (尤指宗教上的)打坐沉思, 冥想 To engage in contemplation, especially of a spiritual or devotional nature. |
| When you feel depressed or dismal, think about the following ways to discharge/vent your feeling: many people find it helpful to engage in aggressive exercises, such as kickboxing or martial arts. Others meditate打坐冥想 and chant或吟颂 to return themself to a tranquil state of being. Perform whatever activity is best-suited to you in order to liberate/release you from the pent-up sentiments/emotion. Tip: too much heavy aggressive exercise may be detrimental/harmful/injurious to your health/soundness. |
| ponder | pon‧der /'pɒndə,ˋpɑndɚ/ [ ponder on/about/over sth ] to spend time thinking carefully and seriously about a problem, a difficult question, or something that has happened 仔细考虑，深思 e.g. He continued to ponder the problem as he walked home. 他一边往家走一边继续思考那个问题。 e.g. The university board is still **pondering on/about/over** the matter. 大学董事会仍在考虑那个问题。 e.g. Jay stood still for a moment, pondering whether to go or not. 伊静静地站了一会儿，琢磨着要不要去。 |
| ruminate; rumination | To turn a matter over and over again in the mind. The act of pondering or meditating, deliberating, contemplating something deeply, carefully, at length.沉思默想 [rumination, ponder, meditation, contemplation: 沉思] eg I carefully **ruminate the matter** about whether I should quit;however, hesitant to make a decision. |
| **[slang]在心里反复琢磨一件事** ruminate sth= **chew the cud [slang]在心里反复琢磨一件事**.; I'm carefully ruminating this tricky matter. **[cud: 咀嚼物,反刍的事情]**  eg I'm **chewing the cud** about whether I should have the advanced studies overseas. |
| 沉思 | • muse [mjuːz] “谬思“， 沉思者 1. [T] to say something in a way that shows you are thinking about it carefully 沉思着说 e.g. 'Somewhere,’ he **mused,** ‘I’ve heard your name before.’ ”他沉思着说，“听说过你的名字。” 2. [I] to think about something for a long time 沉思，冥想，默想 PONDER, ruminate, rumination; meditation [ muse on/over/about/upon] •He mused on how different his life would have been, had he not met Louisa. 他默默地想，如果没有遇到路易莎，他的人生会有多么不同。 musing n [C,U]; musingly adv •her gloomy musings 她忧郁的沉思 |
| deliberate | [ deliberate on/about sth ] to think about something very carefully 仔细考虑，反复思考 e.g. The jury deliberated for four days before acquitting him. 陪审团斟酌了四天之后裁断他无罪。 e.g. There was silence while she deliberated on his words. 她掂量着他的话，四周一片沉默 |
| 1。 思考，考虑(未来的一些事情) 2 | contem'**plate**, /'kɒntəm'pleɪt/ => contem'plation [,kɑntəm'pleʃən] 1. contem'plate sth; contem'plate doing sth = [T] to think about something that you might do in the future 思考，考虑(未来的一些事情) e.g. He had even contemplated suicide. 他甚至想过自杀。 e.g. Did you ever contemplate resigning? 你有没有考虑过辞职？ 2. [T] to accept the possibility that something is true 考虑接受“xxx会成真的可能性”  **[ xxx太可怕, 让人都不敢想下去 too terrible to contemplate; too dreadful to contemplate ]** e.g. The thought that she might be dead was **too terrible to contemplate**. 她可能已经死了的想法真是太可怕了，让人都不敢想下去。 3. contem'plate sth: to think about something seriously for a period of time 深思；细想 e.g. Jack went on vacation to contemplate his future. 仔细思考一下他的未来。 e.g. She sat down and contemplated what she had done. 她坐下来细想自己所做的事。  **[ contemplate your navel ] = think so much about your own life that you do not notice other important things – used humorously) 〔以至于忽略了其他重要的事情，幽默用法〕**  **e.g. You cannot always contemplate your navel.** |

* lucid, lucidity /lu:/ or /lju:'sidəti/ N 1. (思想、风格等的)明晰，明白，清楚 2. 清澄；透明 3. 神智清醒

1. expressed in a way that is clear and easy to understand 表达清楚的，易于理解的 e.g.You must write in a clear and lucid style. 你的写作风格一定要清楚易懂。 e.g. A lucid thinker is rational.
2. able to understand and think clearly, used especially about someone who is not always able to do this 〔尤指总是迷迷糊糊的人〕神志清醒的，头脑清晰的 e.g. In her more lucid moments the old lady would talk about her past. 在头脑较清醒的时候，老太太会谈起往事。

e.g. **Lucidity:** Our perception and judgment is often clouded by our egos and insecurities. Meditation promotes clarity in both perception and understanding. It helps us to sort the vital from the trivial.

* **极光**aurora: /ɔːˈrɔːrə/  an **atmospheric [ætməs'ferɪk] phenomenon** consisting of colorful bands, curtains, or streamers of light, usually green, red, or yellow, that move across the sky in polar regions, either north polar or south polar. It is caused by collisions between air **molecules ['mɒlɪkjuːl]化学] 分子；微小颗粒**and charged **particles微粒** from the sun that are trapped in the earth's **magnetic field** （磁场）
  + aurora borealis /bo’ri ; /= northern lights [北极光](javascript:;)
  + aurora australis [ɔ:'streilis]　南极光



* adrenalin, adrenaline /ə'drenəlin;-li:n; -lin/

1. [literal meaning]【生物化学】肾上腺素

2. [figurative meaning](突发性的)一阵兴奋(或激动、愤怒、焦急等)；刺激(或促进)因素；刺激物，激励物；兴奋剂；激动感，紧张感[亦作 adrenin(e)]   
e.g. **Skydiving is such a rush 太刺激了,** one of my most favourite **extreme sports**; and I can feel my **adrenaline** running out.  
e.g. Wow, it’s said that the roller coaster in Universe Studio in Singapore (USS) tops the list in the world. It’s really such as a **rush 太刺激了**and I can feel my **adrenaline** running out. After I come out of it, I was feeling faint and wann vomit/throw up.  
e.g. The **hang-gliding is such as rush太刺激了**; and I can feel my **adrenaline** running out.

* 陈词滥调；陈腐思想 adj. 陈腐的

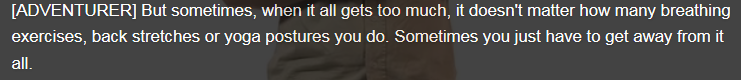
|  |  |
| --- | --- |
| **陈词滥调(的陈述，演讲，发表） ；**  **陈腐思想**(表不满), 老生常谈；  指来来回回就那么几句平凡单调，老掉牙的陈腐无味的（的陈述，演讲，发表） | platitude /ˈplætɪˌtjuːd/ [ a platitude = a cliché; some platitudes = some clichés; ]  => adj) **platitudinous [,plætə'tjʊdnəs]** [ platitudinous thinking]  **V.S. heartfelt gratitude 由衷的感谢 V.S. gratuities/tips /ɡrəˈtjuːɪtɪ/ V.S. gratify sb=satifsy, gratification=satisfaction**  A platitude/cliche is a statement that is considered meaningless, tedious, and boring because it has been made many times before in similar situations.  => platitudinous = dull and tiresome but with pretensions of significance or originality  e.g. It has lived because readers appreciate a refreshing stimulus, an irreverent reminder that they live in a world of **platitudinous[,plætə'tjʊdnəs]  thinking**, cheap moralizing , and foolish philosophy.  e.g. Why couldn't he say something interesting, innovative, and vital instead of just pouring out the same old **platitudes/clichés** ? 他为什么不能说点重要的、有新意的东西，而不只是喋喋不休地讲些陈词滥调呢？  E.g. The U.S. president just gave the speech full of boring **platitudes and clichés** during his **inauguration ceremony(就职典礼)**  e.g. When you **are totally burnt out/depleted** by the super heavy workload, you should tell your boss about your pressure and any potential risk in the project ahead of time. For example, I’d like to tell my boss that I couldn’t work more than 8 hr/day and I’ve got to **cut back on my working hrs**. You know, there’s a **cliché/platitude**陈词滥调的说法, **“Calling ahead couldn’t hurt”.**  Note: 表达慰问时，尽量避免使用陈词滥调 Try to avoid platitudes or cliches, when expressing sympathy, mercy or condolences. |
| cliche ['kli:**ʃ**ei], a cliché, some clichés N) or Adj) a cliché is a platitude, a statement that is considered meaningless, boring, tedious, out of date because it has been made many times before in a similar situation.  **[ Very Cliché = very platitudinous 很老套; cliche stereotype 陈腔滥调 ]**  E.g. We’ve all heard this **cliché/platitude** before, “actions speak louder than words”; but it has real truth in business. 我们都听过这句“陈词滥调”——行动胜于言语.  e.g. When you **are totally burnt out/depleted** by the super heavy workload, you should tell your boss about your pressure and any potential risk in the project ahead of time. For example, I’d like to tell my boss that I couldn’t work more than 8 hr/day and I’ve got to **cut back on my working hrs**. You know, there’s a **cliché/platitude**陈词滥调的说法, **“Calling ahead couldn’t hurt”.**  E.g. The U.S. president just gave the speech full of clichés and platitudes during his inauguration ceremony “陈词滥调”.  e.g. When you hear sb's loss, and when you express sympathy or deep condolences to somebody, try to avoid cliches['kli:**ʃ**ei] or platitudes“陈词滥调”. |

## 1st row) Decompressing=reducing stress or relieve from press

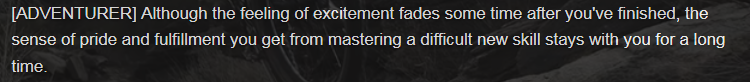
## STOP\*\* done mp3) Decompress by a new sports or hobby













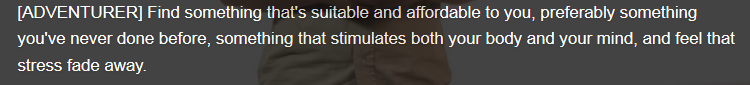












## Decompress by meditation- help decompress

Read the pamphlet[ˈpæmflɪt] 小册子 on meditation. “ Center for Meditative Arts: Introduction to Meditation for Stress and Anxiety”

While human beings **are endowed with** the ability to resolve many ordinary issues by employing their intellect, other issues are **transcendental** in domain and require deeper **contemplation, that is “meditation”**. For any persons suffering from stress and anxiety, meditation can be an effective way to **decompress**. The **meditative state of deep rumination** has a powerful impact on thought processes, giving anxiety sufferers the ability to **transcend** ordinary issues of daily existence and consider the source of their stress more **objectively**.  People who **are plagued by stress** report that after taking up meditation practice, their worries **fade into insignificance**.

// [træn'send] to go beyond the usual limits of something 超越，超过，超出 e.g The desire for peace transcended political differences. 对和平的渴望超越了政治分歧

In meditation, also known as **contemplation**, we begin by stilling the mind and freeing it from its usual distractions and tensions. This enables us to singly focus on an object of intense love, interest or concern, resulting first in its understanding at an intellectual level and then on an intimate intuitional/instinctive level. Those who meditate generally report having come to realize the existence of an underlying unity to all things.

Benefits of regular meditation include an enhanced capacity for:

**• Attention:** This faculty forms the foundation of character, judgment and will. And since attention does not have a fixed capacity, it can be improved by mental training. Regular meditation has been shown to increase capability to improve attention and resist distraction, which is to prolong your **concentration span注意力持久度**

**• Sense Withdrawal:** Our senses seem to drag us around in the external world, in pursuit of material objects, food, or circumstances related to professional, social, or economic life. Daily meditation helps us to gain positive control over such **impulsiveness** 冲动.

**• Lucidity:** Our perception and judgment is often clouded by our egos and insecurities. Meditation promotes clarity in both perception and understanding. It helps us to sort the vital from the trivial.

//lucidity /lu:/ or /lju:'sidəti/ N 1. (思想、风格等的)明晰，明白，清楚 2. 清澄；透明 3. 神智清醒

**• Equanimity:** Our experience of satisfaction in life is very much affected by our ability to control our reactions. Meditation can help us develop the capacity to maintain mental and emotional composure in the face of environmental strain and disturbance.

// equanimity /ˌiːkwəˈnɪmɪtɪ, ˌɛk-/ Equanimity is a calm state of mind and attitude to life, so that you never lose your temper or become upset. 平静; 坦然 e.g. His sense of humour allowed him to face adversaries with equanimity.   他的幽默感让他在面对对手时也不失平静。

## Decompress by Yoga: types of Yoga

You work at the front desk of the local recreation centre. Familiarize yourself with this season’s yoga courses and suggest appropriate courses to members.

**Hatha YOGA**  
A **rejuvenating** class focusing on releasing tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. => Through this practice you enhance flexibility, increase muscle tone and concentration, **detoxify the organs** and feel a deep state of relaxation.  
  
**Power YOGA**  
An energetic, faster-paced class improving strength, flexibility and balance with a continual flow of postures and dynamic breathing techniques. Through this **invigorating** practice you can cleanse the body, stimulate your **cardiovascular system心血管**, develop your agility and balance and build muscle tone.

**Kundalini YOGA**  
An energetic form of yoga that stimulates the **glandular**, nervous and immune systems. Each class includes centering oneself with a **mantra**, warm-up, a specific yoga posture set, deep relaxation and meditation. Benefits include weight control, relief from stress and insomnia as well as **liver detoxification**.   
  
**Restorative YOGA**  
A **revitalizing** and gentle class using props to support the body. Perfect for inflexible students, people with injuries or **rehabilitating**, high stress or sickness. Experience improved circulation, a calm mind and a relaxed, stretched body.  
  
**Candlelight YOGA**  
A **revitalizing**, **nurturing** and **meditative** class. Emphasis on breathing techniques using gentle postures to improve circulation and de-stress. Experience a calm mind and a relaxed, stretched body. And learn to embrace stillness.

**PRE-And POST-natal YOGA**  
This class provides a safe and supportive environment to prepare, through yoga and breathing techniques, for pre/post birth and new motherhood. Postures are modified to accommodate the changing needs of a mother-to-be and new mom. Post-natal moms are welcome to bring pre-mobile babies. A great place to connect.

// natal ['neɪtl] relating to birth 出生的 e.g. Green turtles return to their natal island to breed. 绿毛龟回到它们出生的岛上繁殖

**Bikram YOGA**  
Done in a hot room, this class is very physical and the intensity is high. When combined with the heat, it makes for a tough workout. This class is recommended for yoga veterans and extremely fit individuals only. The Bikram series warms and stretches muscles, ligaments and tendons in the order in which they should be stretched. This yoga has been helpful in removing symptoms of disease and chronic pain in the body, which works if the student maintains regular practice.

## 2nd row) Imperative mood祈使句, starting with a strong, action verb

Progressive Muscle Relaxation (PMR) is a practice which involves systematically tensing and relaxing muscles. Put the instructions in order. See that the imperative mood sentence normally starts with **a strong, action verb.**



## Relaxation techniques

* Yoga
* Meditation
* Deep breathing: inhale, exhale deeply
* Mindful eating: 意念进食
* Self-massage
* Aerobics

## Done mp3) Relaxation techniques



## Decompress by “deep breathing”

If you aren't already doing so, sit down. Then, just close your eyes. Check your body for any tension. Get more comfortable. If you notice any tension, just release it. Let the jaw soften and drop. Take a deep breath in. Feel it fill your lungs. Then, let it out. And **relish/enjoy** the feeling.   
Hear the sounds around you, and notice your breathing continuing alongside the sounds. Notice the feeling of the breath in your **nostrils**['nɒstr(ə)l]鼻孔. Notice the rest of your body. Notice what is happening now, in your body and in your surroundings.

And when you find you've drifted off on some thought, just reconnect with the breathing again. Become aware again of what is. Allow it to all just be there as it is, easy and natural.

## 3rd row) **Objective and subjective language**

|  |  |
| --- | --- |
|  | |
|  |  |
| As you read a text, it's important to be able to **discern/distinguish the difference between fact and opinion**. When facts or other people's opinions are reported, **objective language** should be used, free of emotional words and phrases. Examples: | |
|  | |
| PMR was developed by Edmund Jacobsen. | |
| It's a technique designed to induce relaxation. | |
| **They claim that** PMR promotes restful sleep. | |
|  |  |
| **Subjective language**, on the other hand, contains emotional words and phrases and is useful for expressing opinions. Examples: | |
|  | |
| After yoga, your tension **simply disappears like clouds in a breeze**. | |
| Don't **feel intimidated; seemingly anyone can do it**! | |



It's understood to make the tension just flow away.

It's seemingly rejuvenating and makes you more limber.

Yoga It's a lot of stretching and holding certain poses.

You tense up your muscle groups, then relax them. => use strong action verb to express “objective”

They claim there's no need to be a contortionist.

## Reading - Yoga

TEXT A  
Developed by Edmund Jacobsen in the 1920’s, PMR, short for progressively muscles relaxation, is a relaxation technique which aims to relieve the muscular tension that accompanies anxiety, thereby **alleviating the anxiety** itself. A procedure is followed whereby a patient alternately tenses and relaxes muscle groups. It is thought that tensing the muscles before releasing them enhances the feeling of relaxation one gets, as compared to simply attempting to relax.  
  
TEXT B  
Let our resident stress counselor guide you through one of the most simple and easy-to-learn techniques for relaxation. Progressive Muscle Relaxation (PMR) will teach you to relax by deliberately applying tension to certain muscle groups, and then stopping the tension and turning your attention to how the muscles relax as the tension just **flows away.** Through regular practice you quickly learn to recognize the feeling of your muscle tensing. With this simple knowledge, you can summon physical muscular relaxation and mental calmness—in any situation!

TEXT C  
Yoga is a well-recognized manner of stress relief. It has been **touted/drummed up** 招徕顾客；拉选票to offer many benefits ranging from back pain relief to **spiritual enlightenment**. Originating in India, yoga is understood in the western world mainly as a set of physical poses coupled with breathing exercises. There are a number of variations on the practice, ranging from energetic to meditative. Yoga practitioners claim that yoga is an effective form of stress relief, which is its major appeal in the West.  
  
TEXT D  
If stress and anxiety are getting the better of you, you might want to join one of the yoga classes that are being taught seemingly everywhere. Yoga has many styles with varying intensities, but if what you are looking for is a way to shake off your stress, hit a Hatha yoga class. Known for its **rejuvenating** effect, Hatha yoga is a moderate intensity combination of **revitalizing** movement and calming breath exercises. You may have heard that yoga involves a lot of stretching - it does - but you don’t have to be extraordinarily limber to join a class, in fact you’ll find that most people attending a yoga class are of average fitness level. So, don’t be intimidated - there’s no need to be a contortionist and, in any case, yoga is not a competitive sport! So make like a downward facing dog and try yoga. You’ll be hooked!

## done mp3) 4th row)

Life has recently been hard for your friend, who is **feeling quite stressed out** and is looking for some good ways to relax. Recommend some stress relief methods to him

# Part 3) Offering sympathy

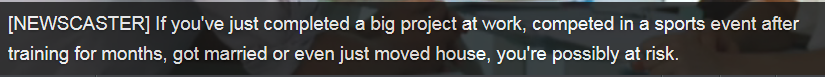
## STOP\*\* Lexical resource:

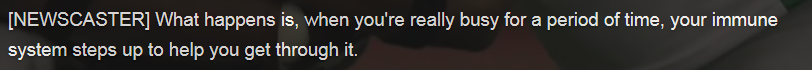
* [hjuː'mɪlieɪt] humiliate sb; humiliation

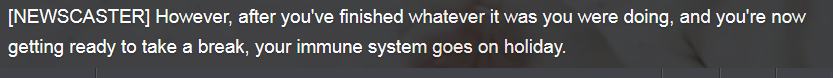
to make someone feel ashamed or stupid, especially when other people are present使蒙羞，羞辱

•Her boss humiliated her in front of all her colleagues. 她的老板在所有同事面前羞辱了她。 **humiliated** adj, I’ve never felt so humiliated in all my life. 我这辈子从未感到过如此丢人

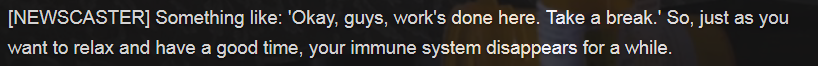
* **working stiff 工薪阶层 ； 劳动阶层 小职员**e.g. A working stiff is a person who has an ordinary job that is not well-paid. 小职员   
  e.g. Most of the politicians are sensibly out of town, but the poor working stiffs hardly get away at all.   可怜的小职员们几乎连出去的机会都没有。
* Hypo’thalamus /ˌhaɪpəˈθæləməs/ The hypothalamus is the part of the brain that controls functions such as hunger and thirst. 丘脑下部   
  e. g. The stress response is controlled by the hypothalamus.  反应激烈是由丘脑下部控制的。

e.g. 









* [ sail through ] someone or something sails through a difficult situation or experience, they deal with it easily and successfully. 轻易完成; 顺利通过   
  e.g.  While she sailed through her exams, he struggled.  她顺利通过了考试，而他却奋力挣扎

V.S. [figurative meaning] contortion is something difficult you have to do in order to achieve something困难，周折 **[ 费尽周折做 xxx : go through a series of contortions to do sth ]** e.g. He **went through a series of amazing contortions to** get Karen a work permit. 他 费尽周折 才为凯伦弄到了一张工作许可证。

* [Domestic dispute](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=Domestic%20Dispute&lang=en) 家庭纠纷; 内部争端
* 裁员

|  |  |
| --- | --- |
|  | Sb. be laid off= be fired/sacked/dismissed |
|  | * Redundancy [rɪ'dʌndənsi] pl: redundancies  1. a situation in which someone has to leave their job, because they are no longer needed 裁员，解雇 (V: fire sb. = sack sb.= dismiss sb.)  * The closure of the export department resulted in over 100 redundancies. 出口部关闭导致一百多人被解雇。 V.S. Downsize ['daʊnsaɪz] , n) downsizing n [U]   [I,T] if a company or organization downsizes, it reduces the number of people it employs in order to reduce costs 〔公司、机构为缩减开支而〕裁（员），紧缩（编制） [ downsize the workforce by xxx% 裁员 ]  e.g. The airline has downsized its workforce by 30%. 这家航空公司裁员30%。  e.g. GEORGE: I was made redundant at work.  PSYCHIATRIST: OK  •Two thousand workers now face redundancy. 2,000 名工人现在面临失业。  •An employee is not eligible for a redundancy payment unless he has been with the company for two years. 在公司工作满两年的雇员才有资格拿遣散费。  voluntary/compulsory redundancy  •We were offered a £3,000 cash bonus to take voluntary redundancy. 给我们发了3,000英镑的现金补贴，叫我们自动离职。  2. [U] when something is not used because something similar or the same already exists  多余；重复；累赘  Redundancy occurs when your employer no longer need you; they just wanna **fire/sack/dismiss** you |
|  | downsize ['daʊnsaɪz] , n) downsizing n [U]  [I,T] if a company or organization downsizes, it reduces the number of people it employs in order to reduce costs 〔公司、机构为缩减开支而〕裁（员），紧缩（编制） [ downsize the workforce by xxx% 裁员 ] e.g. The airline has downsized its workforce by 30%. 这家航空公司裁员30%。  V.S. redundancy: a situation in which someone has to leave their job, because they are no longer needed 裁员，解雇 (V: fire sb. = sack sb.= dismiss sb.) e.g. The closure of the export department resulted in over 100 redundancies. 出口部关闭导致一百多人被解雇。 |
|  | sack  a large bag made of strong rough cloth or strong paper, used for storing or carrying flour, coal, vegetables etc 〔装面粉、煤、蔬菜等用的〕麻袋，粗布袋，厚纸袋，大口袋    [+ of]  •a sack of potatoes 一大袋马铃薯  the amount that a sack can contain 一（大）袋之量    [+ of]  •We need about a sack of rice. 我们需要大约一袋米。  2.  the sack  informal when someone is dismissed from their job  解雇，开除  •They’ve never actually given anyone the sack . 他们从未真的辞退过什么人。  •He got the sack for stealing. 他因偷东西而被解雇。  •She claimed she’d been threatened with the sack. 她称自己受到过解雇的威胁。  3.  hit the sack  old-fashioned,informal to go to bed  上床睡觉  •It’s one o’clock – time to hit the sack. 1点钟了——该睡觉了。  e.g. A total of three Chicago Department of Aviation officers are **sacked**/fired/axed 被炒了 following the incident of United Airlines passenger's violent removal from a flight on Sunday, which has turned into转变为 a publicity nightmare for United Airlines. Amid plummeting/plunging/nosediving/slump stocks and boycott ['bɒɪkɒt] threats, newly released footage appears to contradict cc’s claim that Dr. David Dao's **belligerence好斗性** left officers with no choice but to forcibly remove him. |
|  | decapitate /dɪˈkæpɪˌteɪt/ , decapitation [dɪ,kæ**pə**'teʃən]   1. V-T If someone is decapitated, their head is cut off or they're **beheaded.** 斩首  e.g. There were nine **corpses尸体.** Two of them had been **decapitated/beheaded.** 2具是被斩首的. 2. **切去鱼头 decapitate the fish** e.g. Before you start cooking the fish, you'd better **decapitate the fish**. 3. [美国英语](由于政治原因)把…强行解雇，把…强行免职 decapitate somebody from the office = sack/fire sb.  e.g. The political scandal in South Korea has **sparked international uproar/rage**. After the parliament has officially lodged **impeachment**弹劾 of the president, the prime minster **was decapitated from their offices** as well. |

* Look at it this way. **At least things cann’t get any worse. 至少事情不会更糟了。**
* [Repayment scheme](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=Debt%20Repayment%20Scheme&lang=en)偿还计划/方案; [Debt repayment scheme](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=Debt%20Repayment%20Scheme&lang=en) 债务偿还计划/方案
* 法] 监护人

|  |
| --- |
| Custody N) 监护  e.g. A representative for Brad Pitt had no comment. Jolie is seeking sole physical **custody** of the couple's children. Pitt has requested **joint custody**. For the time being暂时, the children are staying in their mother's **custody** and have "therapeutic visits" with their father, Jolie's representatives said previously.  e.g. After his parents' divorce, his mother got his **curator/custody right**.  e.g. Her husband **derailed** and **committed misconduct/adultery with** another woman (the home-maker小三), which betray the marriage ethic道德规范. Finally, the couple divorced, and the mother got their children's **custody (curator) right.**  **//**[misconduct: n/v通奸: the act of adultery [ə'dʌlt(ə)rɪ] 通奸 or derail(火车脱轨,出轨) by having **extramarital** sex with another person who is not your legal spouse配偶. [ 和...通奸 commit misconduct with sb; commit adultery with sb; miscondut with sb] |
| => **custodian [kʌ'stəʊdɪən] = guardian or warden, curator [法] 监护人**  [ custody hearing]: court trial that determines who the children will live with after a couple divorced.  e.g. In CHINA, **the years of discretion** is 18 based on Chinese law. Before that age, normally your parents are your or **custodian[kʌ'stəʊdɪən]/guardian['gɑːdɪən]/curators/wardens [法] 监护人**  //discretion: the ability to judge or make decision, [ the years of discretion: 决断能力的年龄 => 法定成年的年龄 ] |

* What happens after **[ pushing your body and mind to the extreme ]**? => You immune system collapses and you get sick. When your immune system is weak, you are at risk of catching the flu or other illnesses.
* sanitary napkin A sanitary napkin is the same as a . 卫生巾

## 1st row)

## Done mp3) Major life problem

Picture this situation. You might recognize it. It’s final exam time.





In fact, you’re not stressed out at all.

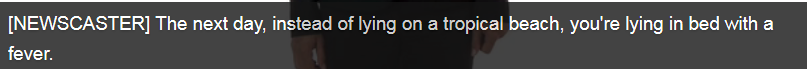
 And you **sail through** it.

//sail through: someone or something sails through a difficult situation or experience, they deal with it easily and successfully. 轻易完成; 顺利通过







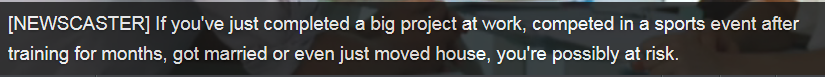


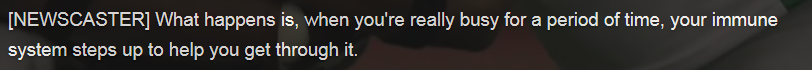
Suddenly, out of nowhere, you got sick unexpectedly.

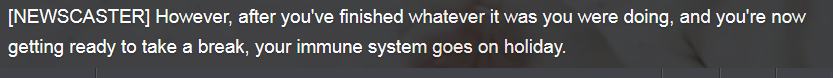


Why does it happen?



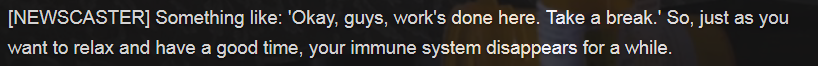






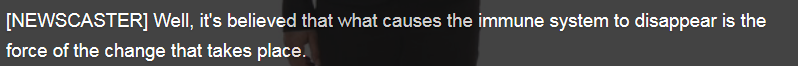


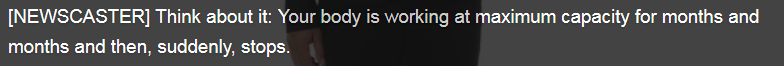
Hypo’thalamus /ˌhaɪpəˈθæləməs/ The hypothalamus is the part of the brain that controls functions such as hunger and thirst. 丘脑下部

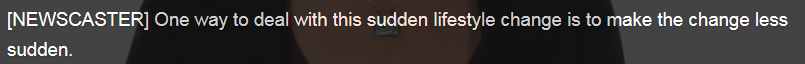










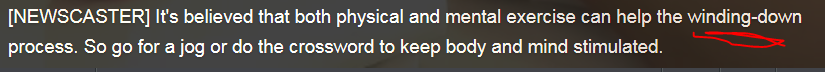


 => Wind down step by step/gradually.





But don’t **lie around all day.**







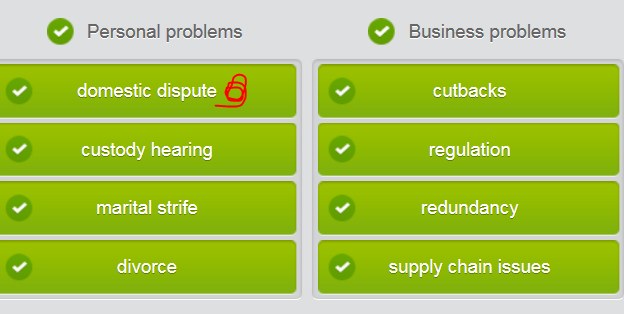
## Done mpa3) My marriage problem



## STOP\*\* Major life problems



[Domestic Dispute](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=Domestic%20Dispute&lang=en) 家庭纠纷, 内部争端



## 2nd row) The listening cues

Mm-hmm; Uh huh; I hear you; Really? ; Right; OK

GEORGE: I was made redundant at work.

PSYCHIATRIST: OK **.**  
  
GEORGE: They said they were making necessary cuts – that they don't have the budget to pay everyone anymore.

PSYCHIATRIST: Uh-huh **.**

GEORGE: I was made redundant at work.

PSYCHIATRIST: OK **.**  
  
GEORGE: They said they were making necessary cuts – that they don't have the budget to pay everyone anymore.

PSYCHIATRIST: Uh-huh **.**

GEORGE: … what about us working stiffs, who just want to make an honest living?

PSYCHIATRIST: I hear you **.**

GEORGE: But how would I do that, I don't even know how to check my email!

PSYCHIATRIST: Right

GEORGE: You know, she left me for a 24-year old fireman?

PSYCHIATRIST: Really ?

GEORGE: Yeah, and she took the kids. She said they'd be better off with her because she’s a more responsible parent.

PSYCHIATRIST: Mm-hmm .

## Done mp3) My work problem

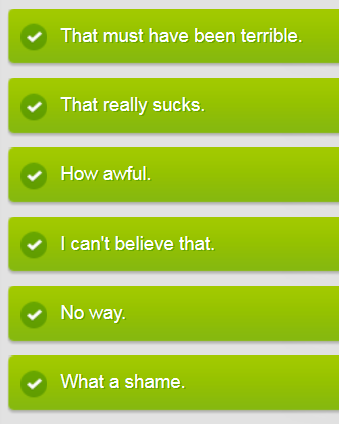
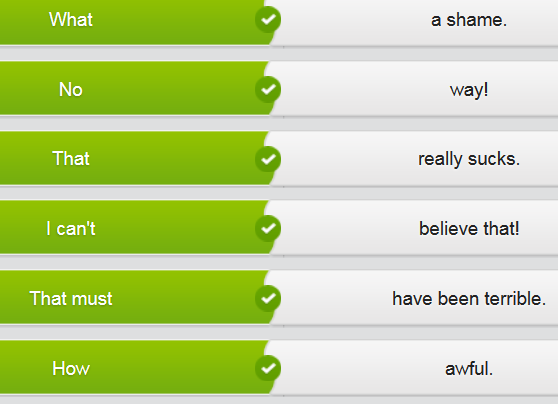


## 3rd row) Expressing sympathy

## done mp3) Express sympathy



Phrases to express your sympathy to somebody who is **in trouble/in a predicament/in a tight spot/in the pickle.**

* That must be hard to deal with.
* Don't be too hard on yourself.
* You'll bounce back (from the predicament).
* At least things can't get any worse.
* You've been having such a terrible time of it.
* Try not to worry too much about it.
* Don’t sweat the small stuff. **(slang)** 不必为小事庸人自扰, 莫为小事情烦恼/不要钻牛角尖

## 4th row) To express sympathy to your friend who’s been **in a predicament/in the pickle**

You haven't seen your friend for a while, so have arranged to meet him for dinner to catch up. It seems that he's been having some bad luck. Be as sympathetic as possible.

## done mp3

# Part 4) Technology and press

## STOP\*\* Lexical resource:

* **Don’t fall into the trap of giving up whenever there’s rough spot/there’s a thorny path.**
* revitalize /riːˈvaɪtəˌlaɪz/

[V-T](javascript:;)To revitalize something that has lost its activity or its health means to make it active or healthy again. 使恢复元气; 使复苏 e.g.   This hair conditioner is excellent for revitalizing dry, lifeless hair.   
 这种护发素对使干枯、无生气的头发重新焕发光彩非常有效。

E.G. **I feel** totally **revitalized**.　重新复活了，鸡血复活了

* soothe /suːð/

1. [V-T](javascript:;)If you soothe someone who is angry or upset, you make them feel calmer. 使镇定

•  He would take her in his arms and soothe her.   他就会把她搂在怀里，使她镇定下来。

2. [ADJ](javascript:;)抚慰的/治愈的/柔和舒缓的/ •  Put on some nice soothing music.   放些 柔和舒缓的/治愈的 音乐。

e.g. The massage was incredibly \_\_\_\_\_\_. It really relaxed my aching muscles.

3. [V-T](javascript:;)Something that soothes a part of your body where there is pain or discomfort makes the pain or discomfort less severe. 缓和 (疼痛或不适) [ soothing color, pastel color ]

•  ...body lotion to soothe dry skin.   
 …减轻皮肤干燥的润肤露。

1. [ADJ](javascript:;)缓和的  Cold tea is very soothing for burns.   冷茶对灼伤有镇痛作用。

* serene ;sɪ'riːn,sə'riːn]  very calm or peaceful

宁静的，安宁的，平静的 tranquil?

•The child’s face was serene and beautiful. 这孩子的神情宁静可爱。

•a serene mountain lake 静谧的山间湖泊 DERIVATIVE 派生词 serenely adv

serenity n /səˋrɛnətɪ ; sɪ'renɪti,sɪ'renəti,sə'renɪti,sə'renəti / [U] e..g I find the beach in the morning a very \_ Serene \_\_\_\_\_\_ place – so peaceful and quiet.

* exquisite [ɪk'skwɪzɪt, 'ekskwɪ-,ɪk'skwɪzət, 'ekskwɪ-]

1. extremely beautiful and very delicately made 精美的，精致的[THESAURUS](javascript:;)  [BEAUTIFUL](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\?keyword=beautiful)

•the most exquisite craftsmanship 最精美的工艺

1. very sensitive and delicate in the way you behave or do things 细致的，敏感的

•She has exquisite taste in art. 她有敏锐的艺术鉴赏力。

1. literary exquisite pain or pleasure is felt very strongly 〔疼痛或快乐〕强烈的

e.g. She grows such \_\_\_\_ exquisite \_\_\_ orchids in her greenhouse. They look and smell incredible.

* Refreshing:

E,g. One of the best ways to wake yourself up is to take \_\_\_ Refreshing \_\_\_ swim in a cold outdoor pool.

* Uplifting [ADJ](javascript:;)You describe something as uplifting when it makes you feel very cheerful and happy. 积极向上的令人振奋的

•  ...a charming and uplifting love story.   
 …一个引人入胜、令人振奋的爱情故事。

* e.g. I find choral music very \_\_\_\_ Uplifting \_\_\_\_. It really raises my spirits when I’m down.
* [dɪ'lektəb ə l]

1. extremely pleasant to taste or smell 美味的；好闻的 e.g That pizza was \_\_\_\_\_deletable\_\_\_\_\_! Where did you learn to cook like that? •Delectable smells rose from the kitchen. 厨房里传来诱人的香味。
2. used, often humorously, to describe a very attractive woman 〔女子〕妩媚动人的，迷人的〔常为幽默用法〕DERIVATIVE 派生词 delectably adv

* enchanting: [ɪn'tʃɑːntɪŋ]  very pleasant or attractive

令人愉悦的；令人陶醉的；迷人的

•an enchanting place 迷人的地方

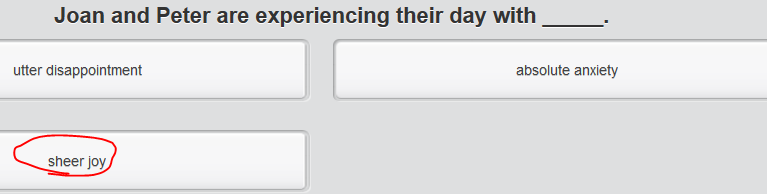
•an enchanting story 令人陶醉的故事

•The child looked enchanting in a pale blue dress. 那个孩子穿着浅蓝色连衣裙，十分可爱。

DERIVATIVE  [dɪ'rɪvətɪv] 派生词 enchantingly adv

e.g. I came upon a baby deer when I was walking today. It was \_an enchanting scene – I wish I’d had a camera.

* [ sheer joy] 绝对高兴

1.

Intrinsic rewards, doingactivities for the sheer joy of it, are the key to understanding flow.

内在报酬，为了完全的乐趣而行动，是理解“心流”的关键。

2.

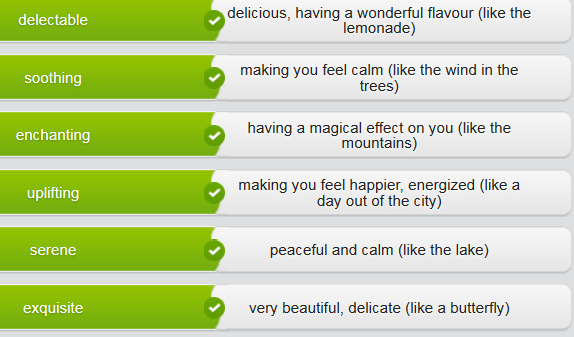
He later recalled that after growing up in Iowa as a Quaker orphan, he was 10 years old before herealized he could do something for the sheer joy of it without offending God.

他后来回忆起作为一个爱荷华州的地震孤儿，他十岁前就懂得真正的快乐不能建立在冒犯上帝的基础上。

3.

If you don't have to sell your photography to pay the rent or eat - you have a freedom that manyprofessional photographers do not. You can take photographs for the sheer joy of it.

如果你不必卖照片养家糊口-你的自由是许多专业摄影师所没有的，摄影完全是你的乐趣。



* redress /**rɪˈdrɛs**/
  + [V-T](javascript:;)If you **redress something such as a wrong or a complaint**, you do something to correct it or to improve things for the person who has been badly treated. **[ redress wrongs; redress complains 纠正; 补救; redress complains about sth ]**e.g. The manufacturer is attempting to **redress complaints about** the poor telecom signal.  
    e.g. HaiDilao, one of the famous restaurants, is attempting to **redress complains about** the poor service and the food scandal.

e.g. More and more victims **resorted to laws** to **redress wrongs** done to them.  越来越多的受害者 诉诸法律 以获得平反。 **//诉诸于(武力,法律) [ resort to military; resort to laws ]**

* + If you **redress the balance or the imbalance between two things** that have become unfair or unequal, you make them fair and equal again. 使恢复 (平衡)   
    e.g. So we're trying to **redress the balance** and to give teachers a sense that both spoken and written language are equally important.   所以我们正力求平衡，让老师们感觉到口语和书面语同样重要。
  + [N-UNCOUNT](javascript:;)Redress is money that someone pays you because they have caused you harm or loss. 赔款;赔偿(金) **[** [**seek redress**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=seek%20redress&lang=en)**要求赔偿；寻求解决办法 ]**e.g.  They are continuing their legal battle to **seek some redress** from the government. 向政府 **寻求一些赔偿。**
* **导致紧张的事件,** [**压力源**](javascript:;)**stressor /ˈstrɛsə/**: is an event, experience, etc, that causes stress; stressor is the source where your stress, depression, and repression([心理] 压抑) comes from, that is the root cause of your stress. [**[ environmental stressor**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=environmental%20stressor&lang=en)**带来环境压力的因素;** [**job stressor**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.0.0\resultui\dict\result.html?keyword=job%20stressor&lang=en)**工作压力源]**

e.g. After the **stressor** disappears, the body returns to its normal state (homeostasis).  在压力消失后，身体就会回复到标准状态（内稳态）。

e.g. The APA found that 75 percent of Americans consider money their biggest **stressor** regardless of whether they had too much money, or too little. 认为金钱是其最大的压力源，不管他们是否有太多

e.g. Cellphone sounds have been proven to be a major **stressor**.

* [ traffic jam = congestion]

e.g. There was a terrible **traffic jam/congestio**n on the highway this morning around People Square, **bringing the transportation hub into to a standstill 使(交通)瘫痪**.

=> congestion /kənˈdʒɛstʃən/

1. [不可数名词](javascript:;)If there is congestion in a place, the place is extremely crowded and blocked with traffic or people. 拥塞 = traffic jam e.g.  The problems of traffic congestion will not disappear in a hurry.   
2.**Congestion in a part of the body is a medical condition in which the part becomes blocked. (身体部位的) 堵塞, 淤血 [ nostril (鼻孔['nɒstr(ə)l]) congestion: 鼻塞]**e.g. Since spicy chilli shrinks blood vessels in your nose and throat, **relieving your [nostril congestion]**，因为辣椒可收缩鼻腔和喉咙血管来 **缓解充血**。

* rhetoric  ['retərɪk]
  + 1. **[ 华而不实的政治空谈political rhetoric; 关于改革的空谈: the rhetoric of reform]**   
       rhetoric: (**不真诚／不切实际的)空谈／夸夸其谈, 〔尤指〕花言巧语，浮夸之词**is a language that is used to persuade or influence people, especially language that only sounds impressive, **compelling/cogent (strongly persuasively)** but is not actually sincere or useful. E.g. That **clichés/platitudes** of speech were dismissed by some people as merely **political rhetoric**. 有些人认为这场只是 **华而不实的政治空谈**。  
       e.g. The politician just addressed **a cliché/platitude of speech陈词滥调的演讲**, which is just t**he rhetoric of reform 关于改革的空谈**
    2. Rhetoric is the art of speaking or writing to persuade or influence people（用来说服／影响别人的）修辞学

＝**>[rhetorical question:** [+ of] a question to which no answer is required actually, used esp for dramatic effect. An example is “Who knows?” (with the implication Nobody knows) 不必回答, 只为加强语气及效果的反问

* **[pent-up emotions不表现出来的；压抑的感情; pent-up sentiments]:** hide your feeling of depression or repression压抑, not express it. **=>[把自己从压抑的感情中释放解脱出来　literate/release/discharge yourself from the pent-up emotions/sentiments]**

e.g. When you **feel depressed or dismal忧郁的 or are beyond stressed-out**, doing exercises like yoga, jogging, or PMR is helpful to **literate/release yourself from the pent-up emotions/sentiments**. **However, on the other hand**, too aggressive heavy exercise may be **detrimental/harmful/injurious** to your body **health/soundness健康**, just choose whatever is most-suited for you.

e.g. **I'm always full of self-loathing/hatred** and feel so sorry for my mother. So I feel depressed and dismal and **cannot find a vent出口(感情等的)发泄 to liberate/release myself from the pent-up emotions**.

e.g. When you feel **depressed or dismal**, think about the following ways to **discharge/vent your feeling**: many people find it helpful to engage in aggressive exercises, such as kickboxing or martial arts. Others meditate打坐冥想, exercise PMR (progressive muscle relaxation), and chant或吟颂 to return themselves to **a tranquil state of being**. Perform whatever activity is best-suited to you in order **to liberate/release/discharge you from the pent-up sentiments/emotion**. Tip: too much heavy aggressive exercise may be detrimental/harmful/injurious to your health/soundness.

eg "Doing stand-up comedy helps me, a very introverted person, express my weird thoughts," she says. "When I'm telling a joke, I'm not really trying to be funny, I'm trying to express ideas that the audience might find amusing. Additionally, it's a good way **to liberate/release/discharge you from the pent-up sentiments/emotion**压抑的感情."

* 自我怨恨, 自我讨厌[ feel self-loathing /ləʊθ]/ ]: adj) If someone **feels self-loathing**, they feel great dislike and disgust for themselves. Hate, disregard, blame, or contempt/despise yourself  
  eg I'm always full of **self-loathing/**hatred and feel so sorry for my mother. So I feel depressed and dismal and **cannot find a vent出口(感情等的)发泄 to liberate/release/discharge myself from the pent-up emotions //[不表现出来的；压抑的感情; pent-up emotions; pent-up sentiments]: hide your feeling of depression or repression压抑, not express it.**

## 1st) row

## Done mp3) Technology is our stressor in modern life, like cellphone







Human beings are social animals. We’ve got to be around other people.



Crazy, isn’t it? How did life become like this? Is modern technology really to blame as one of our **stressors**?





Switch on your computer, check email, or make phone calls?

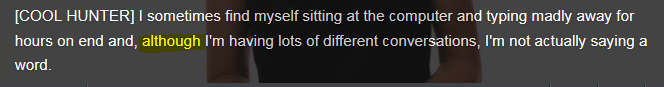




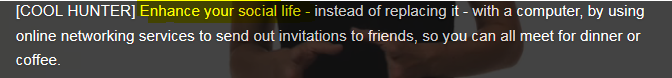






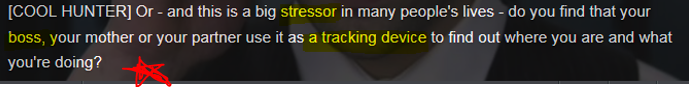






And what about your cellphone?





(yes, like boss uses Weichat to track our tasks)











**// if something vibrates, or if you vibrate it, it shakes quickly and continuously with very small movements (使)颤动；(使)震动；(使)振动**













## 2nd row) Describing things with the senses

## Not mp3)

## STOP\*\* 3rd row) Grammar: sense verbs 感官动词

|  |
| --- |
| **Sense verbs in present simple and continuous** |
|  |
| When a sense verb is used in the present simple, it generally has a literal meaning. When a sense verb is used in the present continuous, it can have a different meaning; or, it can simply mean that the action is happening now. |
|  |
| I **see** the doctor. = I **see** the doctor with my sense of sight. |
|  |
| I'**m seeing** Mary. = I**'m dating** Mary. |
|  |
| I**'m seeing** a doctor on Thursday. = I have an appointment with a doctor on Thursday. |
|  |
| You can **smell** those beautiful flowers. = You **smell** them with your sense of smell. |
|  |
| I**'m smelling** your beautiful flowers. = I'm smelling them **now**. |
|  |

|  |
| --- |
| Here are some more examples of sense verbs in the present simple and continuous. |
|  |
| I **hear** the traffic. = I **hear** the traffic with my sense of hearing. |
|  |
| I**'m hearing** things. = I**'m experiencing** sounds in my mind that no one else is experiencing. |
|  |
| I **taste** lemon in the tea. = I **taste** lemon with my sense of taste. |
|  |
| I**'m tasting** the tea. = I**'m trying** the tea to find out what the flavors are like. |
|  |
| I **feel** the cold water. = I **feel** the cold with my sense of touch. |
|  |
| I**'m feeling** sick. = I**'m experiencing** sickness. |

I stand on the balcony and look out. I \_\_\_smell\_ flowers, and \_\_\_see\_\_ a bright moon in the sky.

I hate durian. I just think it \_\_\_smells\_\_ terrible./ stinky

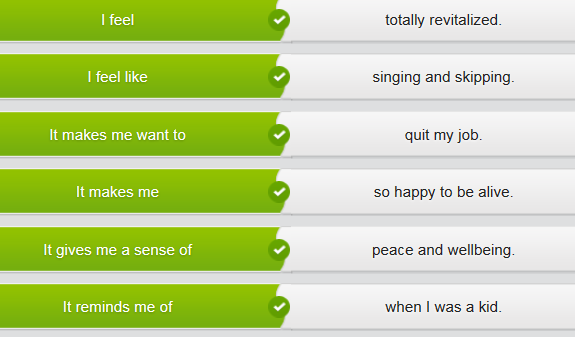
I think the soup might be too salty. Sally is tasting \_\_\_\_\_ it, so we'll soon find out.

I think I \_\_\_saw\_\_ someone in the yard. Maybe it was a burglar.

Calm down. There's nobody in the yard. You were hearing\_\_\_\_\_ things.?

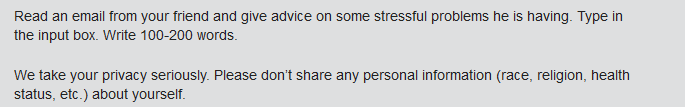
## 4th row) Communicating feelings

## Not mp3



* **I feel** totally **revitalized**.　重新复活了，鸡血复活了
* **It makes me want to** quit my job.
* **It gives me a sense of** peace and well-being.
* **I feel like** singing and skipping.
* **It reminds me of** when I was a kid.
* **It makes me so** happy to be alive.

## 5th row) Writing



Hi,

What a crazy week it's been for me.

* 1. As you know, my work has been one of my major **stressors**, especially with the new management. They don't seem to understand how to motivate their staff, and when we do a good job, they don't **acknowledge认可 us**. I'm not sure how much longer I can work here.
  2. Also, do you remember Tia, the girl I met in the coffee shop a few months ago? Well, things aren't going well between us, and I think we might end the relationship. That's **got me feeling really down**, because I thought it was going well for a while.

Sorry for bothering you with this – I've got no one else to talk about this and I just needed to **vent/discharge (my pent-up emotions)**. You always seem to be so calm and in control; maybe you have some advice for me on how I can deal with these problems?

Thanks,

Leon

## Sample

Dear Leon,

I’m sorry to hear **how a tough life you’ve been experiencing lately/recently**. I totally understand how poor management would make you want to quit your job. Do you think you can take a vacation or **go on a retreat** to **unwind yourself**? That could make you **feel totally revitalized精气神重新复活/重新鸡血**. In a word, sometimes, **what we need is** just a break or breather. But it’s important to choose some plances **soothing 抚慰的/治愈的and serene[sɪ'riːn]**, like a camping trip in the montains or at the beach. Don’t go to a noisy **cosmopolitan or metropolitan city that is just a concrete jungle**, go somewhere that gives you **a sense of peach and well-being.** Maybe after you relax and **wind down**, you would think those headaches are just a piece of trivial.

In terms of the girl you’re dating with, I sincerely hope that you both can work things out. You’re a great couple. **Don’t fall into the trap of giving up whenever there’s rough spot/there’s a thorny path.** If you can **go through the series of contortions**, your bond will be stronger in the end. I know that building and maintaining good relationships are not a piece of cake, bt they can enhance life.

Br,

EF student

## My writing

Dear Leon,

I’m sorry to hear **how a tough life you’ve been experiencing recently**. Your current **predicament** really reminds me of what I had before and how I went through my ordeal. Here comes some of my humble suggestions and advices.

Regarding your trouble at work, I totally understand how poor management would make you feeling down and disappointed. But why not take a vacation or **go on a retreat** to **unwind yourself**? That could make you **feel totally revitalized精气神重新复活/重新鸡血**. **In a nutshell**, sometimes, **what we need is** just **take such a breather** that we can **release/liberate/discharge ourselves from pent-up emotions**. But just a nice headup. It’s important to choose some plances **soothing治愈的/舒缓的**, like a villa in a tranquil beach. Don’t go to a noisy **cosmopolitan city or a metropolis that is just a concrete jungle**, go somewhere that gives you **a sense of peace, calm, and well-being.** Maybe after you relax and **wind down(平静下来；放松一下),** you would think those headaches are just a piece of trivia.

In terms of the girl whom you’re dating with, I sincerely hope that you both can keep along with each other well. I know that building and maintaining good relationships are not a piece of cake, but it’s worthwhile to fight for it. **Don’t fall into the trap of giving up whenever there’s a thorny path.** If you can **go through the series of contortions经历了一系列的折磨**, your life is enhanced as well.

[ending sentence] **In a nutshell/In a word**, Look at it this way. **At least things cann’t get any worse.** I believe that **you’ll bounce back from the tight spot/predicament. //in a tight spot, in the pickle, predicament**