

Date. 4. 12.

Practice 8

1. went around the bush 旁敲侧击
2. lightly = easily 轻易的
3. creations = works 创作
4. hyper-realist 超现实主义
5. genre 题材
6. bead - 小水珠
7. external part 外部
8. such that 为状从
9. cultural product 文化产品
10. swept the Internet 席卷网络
11. coupled with 以及
12. shine a light 照亮
13. awe-inspiring = astonishing 令人惊叹的

14. constantly

不断地

15. shifting sand

流沙

16. revolve

旋转,

17. terminate = cease

终止

18. out smart

比...聪明

19. outline

轮廓.

20. output

作品

21. outcome

结果.

22. outlook

看法, 展望.

INTEGRATED TASKS

Section A Complete the translation from Chinese into English. Use the words in the box.

make sure

anxiety

vital

focus on

worth

对我们大多数人来说压力是不可避免的。失业或者财政问题甚至像生日这种值得庆祝的事情都会产生压力。压力与体重增加、心脏病的发生以及焦虑有关。然而，如果生活中没有压力——良性压力，我们就会感到毫无目标并且不快乐。事实上，良性压力形式多样，在我们健康生活中起着至关重要的作用。

所幸的是，我们可以为自己的生活增添良性压力！确保专注于一些值得去做的活动，设定一些让我们感到快乐和兴奋的目标。

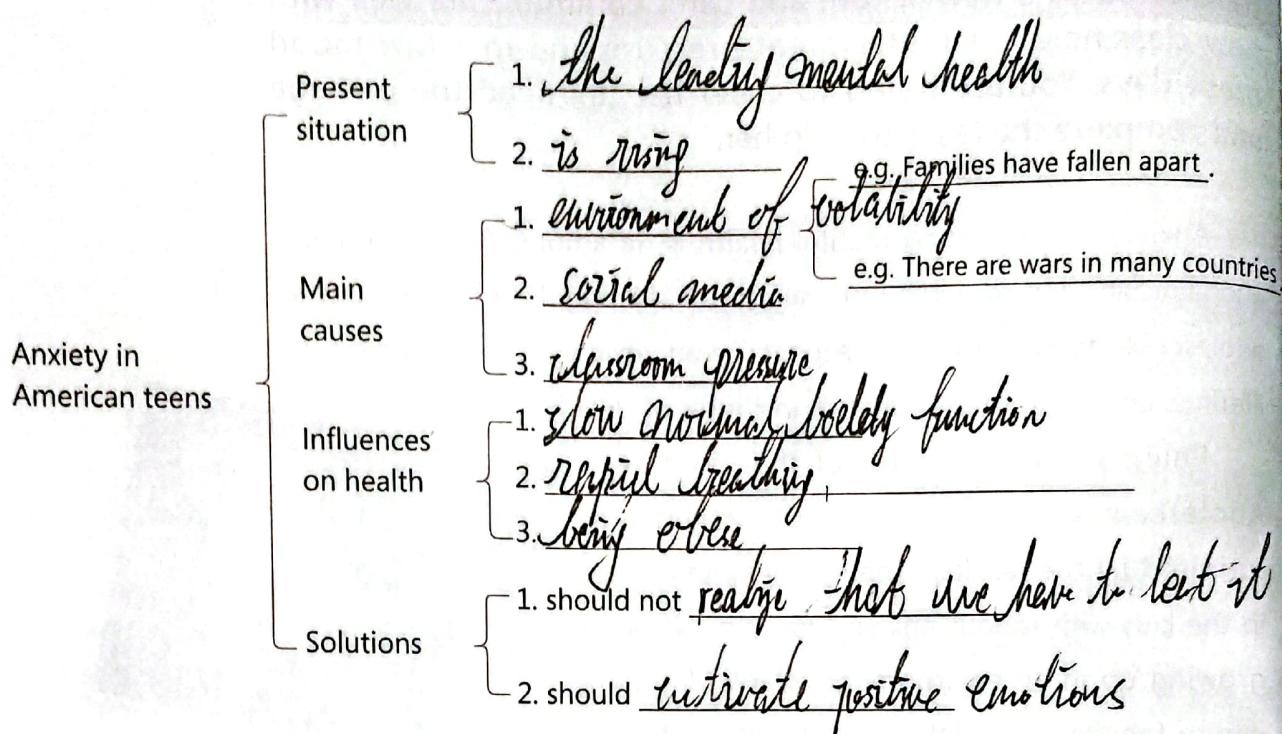
总之，为了在生活中保持健康的平衡，要尽力让自己拥有更多良性的压力，尽可能减少不良的慢性（chronic）压力。

For most of us, there is no avoiding stress. *Unemployment, financial issues and birthday may cause stress. Stress is related to weight add, heart attack and anxiety.* But without "good stress" variety, we'd feel aimless and unhappy. *In fact, the "good stress" helps a lot and perform a vital use in our life.*

The good news is that we can add good stress to our life! *Make sure to focus on some activity worth to do, set up some aim to make us happy and excited. All in all, to make a balanced in our life try your best to have more 'good pressure', and reduce some chronic pressure.*

Notes

Task 1. Complete the mind map of the passage.



Task 2. What is your understanding of the last sentence "positive thinking isn't enough; it must be positive feelings from the heart to affect your body and brain"?

Task 3. Write a letter to Li Mei to help her and cheer her up.

Dear Li Mei,

I am sorry to learn that you have just transferred to a new school and been feeling down recently. But you are not alone. I happened to have read an article about anxiety among American teens. Usually there are three main causes of anxiety. I think

I really hope that these suggestions help you. Enjoy your new life.

Yours,

Notes