

2C U1 Reading A Stress

Class _____

Name 章家铭

1. stress sb. out

焦虑不安; 心力交瘁

My job really stresses me out.

I can't imagine sitting in traffic, getting stressed out.

我无法想象被堵在路上焦虑不安的情形。

stressful adj. 压力重的, 紧张的 a stressful job

2. sick adj.

1) 生病的 a sick child

2) 恶心的 a sick feeling in your stomach 胃里恶心的感觉

3) (suffix) 晕...

seasick / plane sick / carsick 晕船/晕机/晕车

be sick to one's stomach ---feeling that you want to vomit 恶心; 感到厌恶

be sick to = be bored with = 厌倦了

3. load

v. 把...装上, 装入

We loaded the truck with cargoes in ten minutes.

我们十分钟就把货物装上车了。

load sb./sth. down with 给...加以重负

When you are loaded down with too much homework, many negative emotions will show up.

n. 负载, 负荷

bear the load of sth. 承担起...重任

take a load off one's mind 减轻某人的想法

upload v. 上传

download v. 下载

You can download health apps from the Internet.

unload v. 卸载

4. trouble

n. 困难, 烦恼, 忧虑

make trouble 有烦恼

spare one's trouble 省去某人麻烦

run into trouble 遇到困难

be in trouble out of trouble 困难中/摆脱困难

不辞辛劳做

have trouble with sth. 有困难, 疼痛

I'm having trouble with my teeth.

have trouble doing sth.

在学校集中注意力有困难

vt. 使...苦恼; 麻烦

have trouble focusing attention at school 做某事有困难

My back has been troubling me again.

I don't want to trouble the doctor with such a small problem.

5. go on

1) happen 发生

have lots of things going on in their lives that can cause stress

在生活中发生的许多事、事件、压力。

What's going on here? 这儿出了什么事?

2) continue 继续; 持续

This terrible situation can't be allowed to go on.

6. scared adj. afraid 害怕; 畏惧; 担心

be scared to die 吓得要死

be scared of 害怕 = be afraid of.

She is scared of going out alone at night.

scare v.

scare sb. of. 把某人吓跑

It scared me to think I was alone in the building.

想到楼里只有我一个人，怪害怕的。

scary adj.

It was such a scary monster that everyone was afraid of it.

7. show up

我没料到他会出现在我的生日会上。

I don't realize that she will show up on my birthday party.

8. have butterflies in one's stomach (做某事) 心慌; 紧张

9. sweaty adj.

汗津津的; 汗水湿透的

sweat n./v. 汗水, 出汗

wipe the sweat from one's face 擦去脸上的汗水

I woke up in a sweat. 我醒来时浑身是汗。

He sweated heavily after doing physical exercise. 做完运动后, 他汗流浹背。

10. sign

n.

1) 符号, 标记, 指示牌

路标

road sign

2) 迹象, 征兆

没有显示出生命的迹象

No sign of life

3) (用手, 头等) 示意动作

She gave us a sign to leave the room.

v.

1) 签(字)

Sign (your name) here, please.

sign a note / contract

签一张支票/合同

sign a note / contract

2) 做手势

He signed to me to be quiet.

报名参加 sign to do =

c.f. signal

n. a movement that gives sb. information, a warning, etc. 信号; 暗号

traffic signal 交通信号灯

send a signal 发送信号

scan / get the signal 探测/收到信号

v. give a signal

Did you signal before you turned right?

A police car caught up and signaled us to stop.

11. anxiety n. 焦虑; 忧虑; 担心; 害怕; 渴望

anxious adj.

1) be anxious about 担忧

人生可贵, 不要为日常琐事忧心忡忡。

Life is precious, don't be anxious about daily routines.

2) be anxious for sth. 渴求

There are plenty of graduates anxious for work.

3) be anxious to do 渴望做

She was anxious to finish school and get a job.

12. upset

adj. sad 难过的; 失望沮丧的

be upset about sth. 对某事难过

There's no point getting upset about the rumour.

v. make sb. feel unhappy, anxious or annoyed 使烦恼, 心烦意乱 (upset, upset)

打破生态平衡 upset the nature balance

The spoiled food upset his stomach. 糟糕的食物使她恶心了她的胃。

13. bother v. to annoy, worry or upset sb. 使...烦恼、担忧、不安

I need to advertise for a roommate for next term.

Why bother? Mary is interested.

我需要登广告找个下学期的室友。一烦那个劲做什么? 玛丽对此事感兴趣。

14. bring up

1) introduce sth. into a discussion or conversation 提出 (讨论等)

He brought up a subject rarely raised during the course of this election campaign.

2) raise 养育; 抚养

她无法独自一人担负起养家的重任。

She couldn't afford the responsibility to bring up a family on her own.

bring up - cause - 导致

15. on one's mind 挂在心上, 惦念
bear/keep sth. in one's mind 将...挂在心上, 惦念

16. stuff n. 事情, 东西

spare time for interesting stuff 留出时间做有趣的事情

Could you move all that stuff off the table or I will be distracted while reading?
请你把桌上那些东西搬走好吗? 不然我无法安心读书。

17. leisure n. 闲暇; 空闲; 休闲

抽出一些空余时间娱乐

get some spare time for leisure

18. turn to sb./sth.

寻求某人帮助

turn to sb for help

征求某人的意见

turn to one's advice

He turned to his notes for the exact figures.

他从笔记里找出确切的数据。

19. relaxation n. 放松; 休息; 消遣

relax v.

a relaxing

(relax) expression/

a relaxed

(relax) day

Translation

1. 当你觉得压力很大的时候或是很沮丧, 心烦意乱的时候, 你可以尝试去做一些放松运动或者快乐的事情。(turn)

2. 拜登为总统竞选做好了充分的准备, 最终他获得了胜利。(end v.)

3. 我们应该牢记: 要保持健康, 拥有平衡的生活方式并且定期体检是非常重要的。(mind)

4. 政府呼吁市民们疫情爆发时期务必储备好足够的食物, 以防不时之需。(call)

5. 每当遇到困难的时候, 我的姐姐总是用名人的故事激励我不要放弃。(inspire)

7/6-m.