1. 晕船
2. 路标
3. 签名
4. 晕机
5. 晕车
6. 上传
7. 卸载
8. 导致(5)
9. sweaty
10. stressful
11. 厌倦了(3)
12. 遇到困难
13. 摆脱困难
14. 发送信号
15. 探测信号
16. 吓得要死
17. scared=
18. show up =
19. be scared of =
20. 交通信号灯
21. 不辞辛劳做
22. 把某人吓跑
23. 签一张合同
24. 打破生态平衡
25. on one’s mind
26. make trouble
27. 报名参加（2）
28. 寻求某人帮助
29. 征求某人的意见
30. 省去某人麻烦
31. 放松；休息；消遣
32. 将...挂在心上，惦念
33. 留出时间做有趣的事情
34. upset(\_\_\_\_\_, \_\_\_\_\_)
35. 抽出一些空余时间娱乐
36. 没有显示出生命的迹象
37. 在学校集中注意力有困难
38. 焦虑;忧虑;担心;害怕;渴望
39. a \_\_\_\_\_\_ (relax) day
40. a \_\_\_\_\_\_ (relax) expression
41. take a load off one’s mind
42. be sick to one’s stomach
43. wipe the sweat from one’s face
44. a sick feeling in your stomach
45. What’s going on here?
46. My job really stresses me out.
47. He signed to me to be quiet.
48. have butterflies in one’s stomach
49. I woke up \_\_\_ a sweat(一身汗).
50. My back \_\_(一直困扰我) again.
51. He \_\_\_\_\_\_\_(汗流浃背)after doing physical exercise. 。
52. 她无法独自一人担负起养家的重任。(bring up)
53. 我没料到他会出现在我的生日会上。(show up)
54. 人生可贵，不要为日常琐事忧心忡忡。(anxious)
55. Did you **signal** before you turned right?
56. The spoiled food upset his stomach.
57. She **gave us a sign to** leave the room.
58. A police car caught up and **signaled us to stop**.
59. He **turned to his notes** for the exact figures.
60. We **loaded the truck with cargoes** in ten minutes.
61. This terrible situation can’t be allowed to go on.
62. There are plenty of graduates anxious \_\_\_\_ work.
63. She was anxious \_\_\_\_\_\_(finish) school and get a job.
64. There’s no point \_\_\_\_\_(get) upset about the rumour.
65. You can download health apps \_\_\_\_ the Internet.
66. She is scared of \_\_\_\_\_(go) out alone at night.
67. It scared me \_\_\_\_\_(think) I was alone in the building.
68. I can't imagine sitting in traffic,\_\_\_\_\_(get) stressed out.
69. I don’t want to trouble the doctor \_\_\_\_\_ such a small problem.
70. have lots of things \_\_\_\_\_\_(go on) in their lives that can cause stress
71. It was such **a scary monster** that everyone was afraid of it.
72. He **brought up a subject** rarely raised during the course of this election campaign.
73. Could you **move all that stuff off the table** or I will be distracted while reading?
74. When you **are loaded down with too much homework**, many negative emotions will show up.
75. 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)
76. 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.)
77. 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)
78. 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)
79. 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)