**2C U1 Reading A Stress**

**Class \_\_\_\_\_\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_**

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...

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_ = be bored \_\_\_\_\_\_= \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_ v. 上传

download v. \_\_\_\_\_\_\_\_\_\_\_

You can download health apps from the Internet.

unload v. 卸载

4. **trouble**

n. 困难，烦恼，忧虑

make trouble \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 省去某人麻烦

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 遇到困难

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 在困难中/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. = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 做某事有困难

在学校集中注意力有困难 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

vt. 使...苦恼；麻烦

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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. \_\_\_\_\_\_\_\_\_ 害怕；畏惧；担心

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 吓得要死

be scared of 害怕 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

She is scared of going out alone at night.

scare v.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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，他汗流浃背。

10. **sign**

n.

1. 符号，标记，指示牌

路标 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) 迹象，征兆

没有显示出生命的迹象 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 签一张支票/合同

n. signature 签名

2) 做手势

He signed to me to be quiet.

报名参加\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_

c.f. signal

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 交通信号灯

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 发送信号

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_ 担忧

人生可贵，不要为日常琐事忧心忡忡。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) be anxious \_\_\_\_\_\_\_\_ 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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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(\_\_\_\_\_, \_\_\_\_\_)

打破生态平衡 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The spoiled food upset his stomach. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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。—费那个劲做什么? 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) \_\_\_\_\_\_ 养育；抚养

她无法独自一人担负起养家的重任。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

bring \_\_\_\_\_ = 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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. **turn to sb./sth.**

寻求某人帮助 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

征求某人的意见 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

He turned to his notes for the exact figures. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19. **relaxation** n. 放松；休息；消遣

relax v.

a \_\_\_\_\_\_\_\_\_\_\_\_ (relax) expression/ a \_\_\_\_\_\_\_\_\_\_\_\_ (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)

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1. 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.)

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1. 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)

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1. 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)

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1. 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)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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