



Vocabulary: lifestyle 词汇: 生活方式

How are you feeling today? Often when we ask people that question, they reply ‘not bad’, or ‘could be worse’. But what would make us feel ‘perfect’? Maybe we could live better by being healthier, less stressed, more **motivated** – but how?

Of course there are many **remedies** for improving our **mental health**, but sometimes there are small and simple solutions to help improve our **wellbeing**. It’s something the BBC TV programme Easy Ways to Live Well has been looking at. It suggested several ‘health **hacks**’ which the programme’s presenters tried and gave their ‘**seal of approval**’. And maybe they could help us too.

Firstly, to tackle putting on weight and to cut the **calories**, the programme found sniffing peppermint stops our **craving** for a snack. Presenter, chef and writer Hugh Fearnley-Whittingstall says “a scientific theory called ‘mutual competition’ shows that a strong smell can distract our brain from the food we’re thinking about.”

If your addiction to your smartphone is **getting you down**, it’s suggested that turning your phone screen grey helps you reduce screen time because a black and white screen becomes less attractive to look at. With recent studies showing our phones can make us 26% less **productive** and increase our stress, it seems like a **no-brainer** to try this ‘dim’ idea.

Fancy a swim in ice-cold water? Well, the BBC programme found a daily **dip** in freezing water gets you used to the stress of doing it and therefore prepares you for other life stresses. And another way to ‘**chill out**’ is to leave your smartphone at home, **immerse** yourself in a forest, and breathe in the fresh air. **Forest bathing** is the perfect **tonic** for the stresses of urban life.

Other life-improving ideas included things such as singing to reduce pain and **fidgeting** more to get away from our **sedentary** lives. But whatever **therapy** we choose to adopt, it seems any change to our lifestyle can help improve our body and mind.

词汇表

motivated	有动力的
remedy	疗法
mental health	精神健康状态
wellbeing	健康
hack	好的建议
seal of approval	认可
calorie	卡路里
craving	渴望, 渴求
get someone down	让某人感到沮丧
productive	有效率的
no-brainer	容易处理的问题
dip	游泳
chill out	放松
immerse	沉浸在……
forest bathing	森林浴
tonic	滋补剂
fidgiting	坐立不安
sedentary	久坐不动的
therapy	疗法

测验与练习

1. 阅读课文并回答问题。

1. What is it claimed sniffing peppermint does?
2. How can you reduce the temptation to look at a smartphone screen?
3. Why might swimming in freezing water help to reduce stress in your life?
4. True or false: *Forest bathing involves immersing yourself in urban life.*
5. Generally, what can help improve the health of our body and mind?

2. 选择意思恰当的单词或词组来完成下列句子。

1. After a long wait, the council has finally given the plans for the bypass the _____.

approval seal seal of approving seal of approv seals of approval

2. I have a _____ for anything sweet, but chocolate is my favourite!

calories craving lifestyle addiction

3. For me, the best _____ for a common cold is a hot cup of honey and lemon.

remedy tonic therapy wellbeing

4. Work is really _____; I think it's time for a new job!

get me down going down getting you up getting me down

5. Flying to Paris for the weekend is a _____ - if we went by car we'd be driving all the time!

sedentary hack no-brainer chill out

答案

1. 阅读课文并回答问题。

1. What is it claimed sniffing peppermint does?

Research suggests that sniffing peppermint stops our craving for a snack because a strong smell can distract our brain from the food we're thinking about.

2. How can you reduce the temptation to look at a smartphone screen?

It's suggested that turning your phone screen grey helps you reduce screen time because a black and white screen becomes less attractive to look at.

3. Why might swimming in freezing water help to reduce stress in your life?

It's believed the stress of doing it prepares you for the stresses of real life.

4. True or false: *Forest bathing involves immersing yourself in urban life.*

False. Forest bathing involves immersing yourself in a forest and getting away from the stresses of urban life.

5. Generally, what can help improve the health of our body and mind?

Any change to our lifestyle can help improve our body and mind.

2. 选择意思恰当的单词或词组来完成下列句子。

1. After a long wait, the council has finally given the plans for the bypass the **seal of approval**.

2. I have a **craving** for anything sweet, but chocolate is my favourite!

3. For me, the best **remedy** for a common cold is a hot cup of honey and lemon.

4. Work is really **getting me down**; I think it's time for a new job!

5. Flying to Paris for the weekend is a **no-brainer** - if we went by car we'd be driving all the time!