

词汇: coping 应对

Sometimes life doesn't seem to **play fair**. It **blindsides** you at the most **inopportune** moments, and even if we can learn to **grin and bear the ups and downs**, they can take their toll on our **psyche**. So rather than **suffer in silence** or let these things **get you down**, maybe there is another way: what if humour can help you **get through** the dark times?

According to author and clinician Kristen Lee: "Laughter and tears are both therapeutic – we need both to process such hard times." But how can we find the **tough** things that happen funny? Our lives are really serious, often filled with **mundane** and repetitive activities, whether it's arbitrary bill paying or fighting for a seat on your commute, we need to make time for fun and play – enjoy the little things. Why not make funny noises to remind you to stop taking things seriously, or learn some silly jokes, just to tell when times get hard? They could make you or other people around you laugh!

When a **hurdle** pops up in life, it's easy to **get bogged down** – but the way we recount events can impact on our resilience. Rather than see the negatives, look for the **ironic** moments and tell people about them! Why not write **parodies** in your spare time about events that take place to help you **compartmentalise**? Script what happened as if it was happening to a character rather than yourself.

We all know that some things in life aren't fair. But take those events and **send them up** a bit in your scripts! Sometimes life needs a bit of a **roasting** to get your thoughts in order, and **embracing** your comedic side, seeing life's difficult moments as obstacles that can be **made fun of** rather than overwhelm you, may help you get through them more easily. And who knows, you may just discover a talent for writing at the end of it.

词汇表

play fair	公平待人
blindside	攻其不备
inopportune	不合时宜, 不是时候
grin and bear	咬牙忍受
ups and downs	曲折, 起伏
psyche	精神状态, 心灵
suffer in silence	默默忍受
get someone down	使某人沮丧
get through	渡过 (难关)
tough	困难的
mundane	单调乏味的
hurdle	难题, 难关
get bogged down	陷于困境的, 停滞不前的
ironic	令人啼笑皆非的, 有讽刺意味的
parody	戏仿作品
compartmentalise	划分成不同部分
send something up	调侃某事
roast	吐槽, 开玩笑
embrace	欣然接受
make fun of	取笑, 拿...开玩笑

测验与练习

1. 阅读课文并回答问题。

1. According to the article, what can some events in life do to our psyche?
2. What does Kristen Lee say is needed to process difficult times?
3. What are our everyday lives normally filled with?
4. According to the article, what things can we do to enjoy life a bit more?
5. What can writing parodies of life help you to do?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I know it was sad, but don't let it get you _____.

down	in	out	on
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2. I heard that the performance was hilarious and the comedians _____ each other.

fried	baked	roasted	cooked
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3. Please don't _____ fun of me! I have feelings.

have	make	do	be
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4. We need to really _____ the changes the new boss has made.

embrace	psyche	hurdle	play fair
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5. We need to work through this and not get bogged _____ by the minor problems.

on	off	up	down
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答案

1. 阅读课文并回答问题。

1. According to the article, what can some events in life do to our psyche?

Sometimes life doesn't seem to play fair. It blindsides you at the most inopportune moments, and even if we can learn to grin and bear the ups and downs, they can take their toll on our psyche.

2. What does Kristen Lee say is needed to process difficult times?

According to author and clinician Kristen Lee: "Laughter and tears are both therapeutic – we need both to process such hard times."

3. What are our everyday lives normally filled with?

Our lives are really serious, often filled with mundane and repetitive activities, whether it's arbitrary bill paying or fighting for a seat on your commute.

4. According to the article, what things can we do to enjoy life a bit more?

You could make funny noises to remind you to stop taking things seriously, or learn some silly jokes, just to tell when times get hard. They could make you or other people around you laugh!

5. What can writing parodies of life help you to do?

Writing parodies in your spare time about events that take place could help you compartmentalise.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I know it was sad, but don't let it get you **down**.

2. I heard that the performance was hilarious and the comedians **roasted** each other.

3. Please don't **make** fun of me! I have feelings.

4. We need to really **embrace** the changes the new boss has made.

5. We need to work through this and not get bogged **down** by the minor problems.