

托福作文T96：你通过哪种方式减压 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c81_118640.htm 【托福作文185篇真题范文专项练习】

Topic96：很多人通过读书、运动等方式为自己减压，你采用哪一种方式？
Topic96 People have different ways of escaping the stress and difficulties of modern life. Some read. some exercise. others work in their gardens. What do you think are the best ways of reducing stress? Use specific details and examples in your answer. [托福参看范文]
Topic: 96 In today's society, everyday we may face some kind of stress and difficulties from work, school or family. In order to escape them, people have different methods. Some read, some exercise, while others work in their gardens. From my point of view, I would like to use different ways according to different stress. First, the stress from work and school maybe the most common stress. In this circumstance, I like to listen to music, especially some inspiring music. When I appreciate it, I can transiently forget those unpleasant things and let my head sober. After listening to those inspiring music, I feel that I am full of encourage overcoming difficulties. Then I will calmly analyse my circumstance and find the way to solve problems. If my stress comes from my family or my friends(for example, some misunderstanding and squabbles), I think that the best way to erase this stress is a sincere conversation. I will positively converse with my relatives and friends. I hope that I can know what is their opinion and also let them understand me. I feel that when we understand each other, all

conflict will disappear. In a word, everyone can find the best way that is suitable for himself/herself. But conservation and appreciating music are the most suitable for me to erase stress. Topic: 96Stress is one of our biggest enemies. It affects our health, our personality, and our relationships with others. In order to get rid of stress, I first have to identify the cause. I have different antidotes to stress depending on the cause. The most common types of stress I face are with work, with friends, and with myself. Work-related stress is the easiest to combat. I simply stop working for a while. If I find myself picking up the same piece of paper four times a day and never doing anything with it, I blame stress. If I find myself staring at the computer without finishing a report, I blame stress. The best thing to do is to do something else. Sometimes, I get up from my desk and go down the hall to talk to my colleagues, but I don't talk about work related subjects. Other times, I will take a short walk around the block and get some fresh air. Work-related stress can be cured by getting away from the work. Stress caused by friends is more difficult to cure. Often the cause is more complicated. My friends could have a personal problem that causes them and me both anxiety. Or my friends could be angry at me or vice versa. Here, the cure for stress is talking about the problem and being with my friends. Unlike work, you can't walk away from your friends. Stress I cause myself is also not so easy to get rid of. If I feel bothered by an exam or anxious about the future, there is very little for me to do. I just have to tell myself that I can only do my best and leave the rest up to fate. It is important to try to lead a stress-free life. If you can avoid stress by walking away

from it (like at work), talking through it (like with your friends) or facing it head on (like with yourself), your health, personality and relationships will benefit. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com