

12月英语六级考试冲刺（压力问题）PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/122/2021_2022_12_E6_9C_88_E8_8B_B1_E8_AF_c84_122777.htm 5.压力问题

1.日常生活中压力无处不在。 2.描述不同人面对压力表现和态度。来源

: www.examda.com 3.指出正确对待压力的办法。 There are so many people under the unbearably high pressure in China. Heavy work demands and intense competition pile enormous pressure on the individuals who desperately try to pursue a more well-paid salary and push for a higher position. For students, exam pressure makes them overburdened and overwhelmed. Stress is a personalized phenomenon but confronts everyone at different degrees. 来源

: www.examda.com This phenomenon divides people. Some have a depressing and gloomy attitude toward the physical and mental strain. So stress is always blamed for someones mental disorder, violence and even suicide. In contrast to their negatively reacting to stress, others may face up to the mounting pressure and keep a excellent mood. How to properly and effectively cope with the huge pressure? First, people under the tremendous pressure can 0select a proper way to relax, such as pampering themselves with a long hot bath and immersing themselves in the favorite CD. Repetitive tasks and no break will propel people to pay a hefty health price. Second, the over-high expectations leading to the strong strain must be lowered. Third, a chat with close friends is a favorably good way.

Talking to them will alleviate enormous pressure. 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