

短文阅读：ManagingYourStress PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/126/2021_2022__E7_9F_AD_E6_96_87_E9_98_85_E8_c89_126543.htm Managing Your Stress

What is Stress ? Stress is a reaction¹ , physical , mental , or emotional , to demands or changes in your life. Everyone is affected by stressful situations. It is easy to acknowledge² that a major life change , such as losing one ' s job or a death in the family , causes stress. One can also “ be stressed ” with an accumulation³ of daily pressures , such as long commutes⁴ in traffic , a hectic⁵ work schedule , or disagreements with coworkers or family members. Your stress may be apparent⁶ to you and everyone else around you , or it may be hidden. Stress , if continuous , can effect your physical , mental , and emotional well-being⁷. The following information will help you recognize stress and learn positive coping mechanisms⁸ to reduce your risk of health problems. Let us first take a look at what stress does to the body. When confronted⁹ by an alarming situation , our brain releases adrenaline¹⁰ and other chemicals which causes our heart rate and blood pressure to increase (moving blood to our muscles and brain) , our breathing to become faster , our digestion¹¹ to slow down , and we feel a sudden rush of energy. When we perceive¹² that the danger has passed , our brain stops producing the chemicals that causes the physical reactions , and our bodies return to their normal state. If we continue to react to the event , even after the event has passed , then our minds and our bodies stay in a state of alarm. If this state of

tension is maintained , it can contribute to minor health problems and is thought to be associated with other more serious diseases.

Sources of Stress The next step is to identify the sources of your stress and to write them down. Often the act of writing down your problems can be therapeutic¹³ as it may give you an opportunity to think through some possible solutions. It will be easy for you to record your major life changes such as acquiring a new job , moving , getting divorced , losing your job. Be sure to include your daily stressors¹⁴ as well. Here are some examples : Financial problems Lack of support Poor health Too much work Family problems Out of physical shape Boring work Not enough leisure time Poor diet Commuting to work Sexual problems

Over/underweight Noisy environment Personality clashes¹⁵ No direction in life 没法对付你的重压感〔一〕重压感是什么？重压感是一种反应，是你对生活中的需求或变化所作出的身体上、思想上或情感上的反应。生活中种种令人产生重压感的情形影响着每一个人。生活中的重大变化，如失业或失去亲人会使人产生重压感，这一点容易理解。可人们产生重压感也可能是日常压力的累积所致，如上下班长时间乘车、繁忙的工作安排或与同事或家人之间的分歧。你的重压感对你和你周围的人来说或许是显而易见，或许是藏而不露。

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