

10种振奋起来的方法(中英文) PDF转换可能丢失图片或格式
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https://www.100test.com/kao_ti2020/502/2021_2022_10_E7_A7_8D_E6_8C_AF_E5_A5_c96_502365.htm 10种振奋起来的方法(中英文)

Ten Ways to Cheer Up Feeling a little blue? Here are ten fast and easy ways to smile. 感觉有些郁闷吗？以下十种方法快速简单，让你马上露出微笑。

1. Play outside外出游玩 Leave your apartment and go outside. Sun and fresh air are good for you.
2. Exercise运动 When you exercise, your brain releases a chemical called endorphins. This chemical makes you feel happier. That is just another reason why exercise is good for you.
3. Have a Heart-to-Heart促膝谈心 If something is bothering you, it is a good idea to talk about it. Call a friend or relative. A good chat is great way to feel better fast.
4. Play Pop Music 演奏流行音乐 Westlife, Backstreet Boys, S.H.E...who doesn ' t like a little mindless pop? Listening to upbeat, happy music will make you smile. Singing along won ' t hurt either.
5. Laughter is the best medicine开怀大笑是一剂良药 Laughing is the best way to improve your mood. Children laugh around 400 times a day. Adults only laugh about 20 times a day. What happened? Be a kid for a day: play games, watch funny movies, or read jokes online.
6. Power of Chocolate巧克力的力量 Chocolate has special natural chemicals that make you happy. Plus, it tastes so good!
7. Draw画画 Be an artist! Draw, paint, or make something. Even if it is not perfect, being creative relieves stress.
8. Get a dog养一条小狗 Dogs are cute, energetic, and fun. Plus, studies show that people with pets live longer and people with dogs

live the longest! 9. Breathe呼吸 If you can ' t go to the gym, try taking deep breaths. Breathing deeply will relax your muscles and give you energy. 10. Think positive积极乐观地考虑问题 Close your eyes and think of a beautiful scene or a time when you were happy and feeling good. 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