

2010年6月大学英语四六级考试写作训练题(6)英语四级考试
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Directions: For this part, you are allowed 30 minutes to write a composition on the topic: How to Keep Psychologically Healthy. You should write at least 120 words according to the outline given below in Chinese: 1. 心理健康问题往往是导致疾病的原因
2. 分析人们产生心理健康问题的原因(可从失业、压力过重、缺少支持、缺乏人际关系等方面加以分析) 3. 你认为人们如何保持心理健康 【范文】 How to Keep Psychologically Healthy?

One in four people will experience some kind of mental health problem in the course of a year. When you fail to manage to control these problems, they are likely to cause various mental illnesses and, as a result of physiological imbalance, physical illnesses. You may not be able to live a normal life, let alone a fulfilling one. The causes of mental health problems often vary a lot from one case to another. In today's society, a good number of people are suffering from heavy pressure. Others are lacking in communication skills and feel they are living in an isolated world. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit. There are a lot of ways to curb mental health problems and keep psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something to make a change. Secondly, learn to relax yourself and take exercise to release the pressure. After all, your health is what counts most. Lastly, you may find it helpful to

talk to your partner, a relative or a friend about your problems, or seek support and advice from a psychological consultant. 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