

热词翻译：动力不足综合症 underload syndrome 实用英语 PDF  
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[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_\\_E7\\_83\\_AD\\_E8\\_AF\\_8D\\_E7\\_BF\\_BB\\_E8\\_c96\\_645362.htm](https://www.100test.com/kao_ti2020/645/2021_2022__E7_83_AD_E8_AF_8D_E7_BF_BB_E8_c96_645362.htm) 近些年，我们经常听到人们说起“亚健康”这个词，说是现在大多数上班族都或多或少有些亚健康状态，而且多是压力太大引起的。可是，有研究发现人在缺少压力的情况下，身体也是会不舒服的，这种状态叫做underload syndrome，你听说过吗？

Underload syndrome refers to ill health or depression caused by a lack of challenges or stimulation at work. 动力不足综合症

( underload syndrome ) 指因为工作上百考试题论坛缺少挑战或动力而出现的身体欠佳或抑郁的状态。 Boredom has exactly the same effect on the body as stress. People who lack stimulation in their working lives are likely to be depressed and suffer from "underload syndrome". The most common来源：考试大 health complaints triggered by underload syndrome are headaches, fatigue and recurrent infections. it is also a cause of mild depression. 无聊和压力对身体产生的影响是一样的。工作上缺少动力的人有可能会表现得抑郁，还可能会患上“动力不足综合症”。该综合症最常见的病征有头痛、疲劳以及多发性感染，它还有可能引发轻度抑郁。 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](http://www.100test.com)