

解压小贴士：2个方法带来平静的心情 PDF转换可能丢失图片或格式，建议阅读原文

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2011年英语四六级进入备考阶段，百考试题编辑整理六级备考资料供大家参考，祝大家取得好成绩！

While explaining stress management to an audience, the lecturer raised a glass of water and asked How heavy is this glass of water? Answers called out ranged from 20g to 500g。 当向听众解释压力管理的时候，讲师拿起一杯水问道：这杯水有多重?20克到500克众说纷纭 The lecturer replied, “ The absolute weight doesnt matter. It depends on how long you try to hold it. If I hold it for a minute, thats not a problem. If I hold it for an hour, Ill have an ache in my right arm. If I hold it for a day, youll have to call an ambulance. In each case, its the same weight, but the longer I hold it, the heavier it becomes。 ” 讲师回答说：实际有多重并不重要，这要看我拿着它的时间。一分钟，没有问题。如果一个小时呢，我的右臂就会疼痛。再进一步，一天，你应该给我叫救护车了。当然每种情况下杯子的重量是相同的，但是我拿的越久，它就显得越沉。 He continued, “ And thats the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we wont be able to carry on。 ” 他继续说道：这就像压力管理，如果总是怀揣沉重的负担，随着压力越来越大，迟早我们会崩溃掉。 “ As with the glass of water, you have to put it down for a while and rest before holding it again. When were refreshed, we can carry on with the burden。 正如这杯水一样，你需要放下它

休息一下，调整自己，继续前行。“ So, before you return home tonight, put the burden of work down. Dont carry it home. You can pick it up tomorrow. Whatever burdens youre carrying now, let them down for a moment if you can。” 所以，今晚在各位回家之前，放下工作上的负担。不要把它带到家里去，你可以明天继续肩负。无论你背负怎样的负担，如果可能，暂时忘掉它们。 Here are 5 simple ways to increase your peace of mind: 这里有5个简单的方法，能为你带来平静的心情。

1. Do your most daunting task first thing in the morning 1.将最艰巨的任务放在早晨。 Its tempting to start your day with easy tasks. Dont. Pushing a daunting task back is like holding a glass of water in an outstretched arm. At first nothing happens, but if you do it for hours or even days, you will soon feel the stress. Do the most annoying task first thing in the morning, and enjoy increased productivity and peace of mind for the rest of the day。 人们总是倾向于用简单的任务开始一天的工作，别这样做。将艰巨的任务拖到后面就像你伸开手臂举着杯子，开始没什么，但是随着时间的推移，你会很快感觉到压力。将最艰巨的任务放在早晨，这样你就能享受到效率提升及一天中剩下时间的平静带来的惬意。
2. Let go of things you dont control 2.放开你不能控制的事情 You make plans to go outside with friends. But at the last minute, it starts raining. Whats your reaction? 你和朋友计划好外出，但是最后关头下雨了，这时你会怎么想? Some people upset and angry, and find the nearest person and start complaining to them. “ Its not FAIR that its raining. This _always_ happens to me!... ” 有些人会因此而失望、愤怒，然后跟周围的人抱怨：这不公平，为什

么这种事总是让我遇到! Thats not going to accomplish anything - the rain wont stop just because you throw a tantrum. *The rain doesnt care.* So make the best of the situation. What I do in such situation is go for a quick walk in the park (because rain has its own awesomeness) , or just lie in bed reading a good Terry Pratchett book, listening to the rain beating on my window。 没什么可抱怨的，雨不会因为你抱怨而停止，老天才不在乎。这种情况下我会到公园里散步(因为雨也很有魅力)，或者躺在床上一边读Terry Pratchett的书，一边听着雨水打在窗户上的声音。

Make the most of what you do control, and dont worry about what you dont。 将你能掌控的事情做到最好，但也不用太在意不能左右的事情。 相关推荐：#0000ff>考友分享：英语四级过关一石数鸟绝招 #0000ff>2011年英语四级考试备考：十点注意事项 相关推荐：#0000ff>2010年12月英语四级成绩查询入口 #0000ff>2011年6月英语四级考试报名时间汇总#333333> 为了能及时获取2011年英语四级考试相关信息，建议大家收藏#0000ff>百考试题英语四级考试频道点击收藏，我们会第一时间发布相关信息。 #fff000> 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