



Vocabulary: depression and mood 词汇: 抑郁症和情绪

It affects one in six people in England each week, according to UK charity Mind. That's the ratio of people who report experiencing a common mental health problem, such as **depression**. Whether temporarily **down in the dumps**, or chronically **depressed**, many rely on **anti-depressants** to **lift their dejected mood**. But, they have a cost – one ex-user told the BBC that they felt they were in a "chemical fog" and were desperate to stop. If medication is a last resort, what alternatives are there when you're **feeling** truly **blue**?

What about cold-water swimming to combat **melancholy**? One participant, known as Sarah, took part in the 2016 BBC One series *The Doctor Who Gave Up Drugs*. She had been taking anti-depressants since the age of 17. Two years after the show, she is off all **medication** and still swimming – something a recent British Medical Journal report believes may be an effective treatment for depression. Apart from the exercise and **companionship** of swimmers, the cold water puts the body under **stress**. With repeated immersions, the body better adapts not just to this physical stress, but mental stress, including the psychological problems of life that lead to **low spirits**.

Susan Calman relies on kindness to **brighten her mood**. The 43-year-old comedian and author encourages others to use **altruism** to improve the lives of those around them. "It can be as simple as holding open a door for someone, or giving someone a compliment, or buying someone a packet of crisps while they're **feeling down**," she tells the BBC. In fact, anything that **uplifts**. "If we all started to be a bit kinder then maybe we could start seeing the world as a better place. It's really about kindness and then from that, just finding that happiness," she says.

Or you could talk about it. Woebot is a chatbot designed to **support** people dealing with problems by teaching **coping strategies**. "There's a reason why good **therapeutic approaches** are conversational. It just asks the right questions so you can figure it out," Alison Darcy, founder of Woebot, tells the BBC. One user, Nick Impson, explained that Woebot relieves the potential trust issues that can occur when talking to a stranger, even a qualified one.

Feeling **despondent** happens to everyone. When it does, you might want to try one of these methods and see if it works for you. We hope you'll be feeling **as right as rain** again in no time.

词汇表

depression	抑郁症
down in the dumps	情绪低落
depressed	感到抑郁的
anti-depressant	抗抑郁药
lift your mood	改善你的情绪
dejected	失意的
feel blue	闷闷不乐
melancholy	忧伤、忧郁
medication	药物
companionship	同伴情谊
stress	压力、紧张
low spirits	气馁，精神不振
brighten your mood	让你的心情好起来
altruism	无私的精神
feeling down	心情沮丧
uplift	鼓舞
support	给予（精神）帮助、支持
coping strategy	应对策略
therapeutic approach	治疗性手段
despondent	消沉的
as right as rain	一切良好，没事的

测验与练习

1. 阅读课文并回答问题。

1. How common is depression?
2. How does cold-water swimming help a person deal with depression?
3. What does Susan Calman encourage others to do?
4. Why does Nick Impson prefer Woebot to a qualified therapist?
5. Which word in the text means 'a confused or uncertain mental state'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. His dog died yesterday, so it's natural to be a bit _____.

depression	feeling blue	down in the dumps	altruistic
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2. Dealing with hundreds of emails requires a _____. That way you aren't overwhelmed.

medication	coping strategy	stress	support
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3. Take your medicine and you'll feel _____ in no time.

as right as rain	despondent	uplift	blue
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4. Hello! They said you were said, so I bought you a cake to _____!

stress	anti-depress	medicate	brighten your mood
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5. I think _____ is the best way. If we are kind to others, they will be kind back.

altruism	depression	therapeutic approach	melancholy
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答案

1. 阅读课文并回答问题。

1. How common is depression?

According to the UK charity Mind, it affects one in six people in England each week.

2. How does cold-water swimming help a person deal with depression?

With repeated immersions, the body better adapts not just to this physical stress, but mental stress, including the psychological problems of life that lead to low spirits.

3. What does Susan Calman encourage others to do?

She encourages others to use altruism to improve the lives of others around them.

4. Why does Nick Impson prefer Woebot to a qualified therapist?

It relieves the potential trust issues that can occur when talking to a stranger, even a qualified one.

5. Which word in the text means 'a confused or uncertain mental state'?

Fog. (One ex-user of anti-depressants told the BBC that they felt they were in a "chemical fog".)

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. His dog died yesterday, so it's natural to be a bit **down in the dumps**.

2. Dealing with hundreds of emails requires a **coping strategy**. That way you aren't overwhelmed.

3. Take your medicine and you'll feel **as right as rain** in no time.

4. Hello! They said you were said, so I bought you a cake to **brighten your mood!**

5. I think **altruism** is the best way. If we are kind to others, they will be kind back.