

Vocabulary: *mental health* 词汇: 心理健康

How are you feeling today? If your **head's in a spin** because you've had a bad night's sleep, or you're hungover, or maybe you've just got too much to do, the chances are you're not in the best of moods. If everything seems like an effort and you have a **negative attitude**, the last thing you want to be told is to 'be positive!' But having this **mindset** could have more benefits than you think.

Of course, developing a positive attitude is easier said than done – it doesn't **come naturally** to everyone. When you're feeling **down in the dumps**, it is hard to be **optimistic**. But a study in the US has found that people who are **optimists** are more likely to live longer than those who have a more negative approach to life. It revealed the likelihood of positive people living to the age of 85 or more to be higher. So, maybe the thought of a longer life might encourage you to have a more hopeful **outlook** on life.

The study concluded that optimists may find it easier to control **emotions** and get less stressed. And as stress impacts on the immune system, it's possible that optimists cope better with infections. Professor Lewina Lee from Boston University School of Medicine, who worked on the study, told the BBC that: "Our findings speak to the possibility that raising levels of optimism may promote **longevity** and healthy ageing." And she advises that **pessimists** could benefit from doing things like imagining a future where everything turns out well.

But if you're a '**glass half empty**' type of person, could seeing the world through **rose-tinted glasses** work for you? Accepting that we all have problems and that we're not all the same helps us to **get a grip** on our emotions. Some people say it's best to celebrate the **positives** and not dwell on the negative parts of our lives.

People have been giving the BBC their personal advice on keeping a healthy and positive approach to life: Vicki Siska says "Music feeds my soul, a **sense of humour** keeps things **in perspective**, and I have good friends who love and care for me." And Pippa Kennedy says "being grateful for what you have - and lots of chocolate - helps!" The saying goes that 'a healthy body leads a healthy mind' which is probably why other people have recommended doing **yoga** and **meditation** as well as staying fit and healthy to help maintain a positive outlook on life.

词汇表

head's in a spin	晕头转向
negative attitude	消极态度
mindset	思维模式
come naturally	天生的，自然得来
down in the dumps	情绪低落，心情郁闷
optimistic	乐观的
optimist	乐观的人，乐天派
outlook	人生观
emotion	情绪
longevity	长寿
pessimist	悲观主义者
glass half empty	水杯一半是空的（指看事物或问题时看到更多坏的一面的人）
rose-tinted glasses	“玫瑰色的眼镜”，只看到事物好的方面
get a grip	控制，掌控
positives	正面的事物
sense of humour	幽默感
in perspective	正确地看待……
yoga	瑜伽
meditation	冥思

测验与练习

1. 阅读课文并回答问题。

1. According to a study, what is the benefit of having a positive attitude?
2. Why might an optimistic person get less stressed?
3. According to the study, who should start imagining a future that turns out well?
4. True or false? A 'glass half full' type of person tends to focus on celebrating the positive things in life.
5. Why might jogging regularly help you maintain a positive outlook on life?

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. Learning English doesn't _____ to me – that's why I've been going to evening classes to learn it for years!

get a grip	come naturally	mindset	negative attitude
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2. I want a long and happy retirement so I'm giving up smoking in attempt to improve my health and _____.

longevity	outlook	emotions	rose-tinted glasses
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3. I'm feeling very _____ after my girlfriend split up with me and I lost my job.

down on the dumps	down in the dumped	down in the dumps	down at the dump
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4. Keep things in _____ - you didn't get the exam grades you were expecting but you got enough to earn a place at university!

optimistic	outlook	meditation	perspective
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5. Mr brother has a _____ attitude – he always thinks his friends are more successful than he is!

glass half full	glass half empty	full glass half	glass half emptying
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答案

1. 阅读课文并回答问题。

1. According to a study, what is the benefit of having a positive attitude?

A study in the US has found that people who are optimists are more likely to live longer than those who have a more negative approach to life.

2. Why might an optimistic person get less stressed?

The study concluded that optimists may find it easier to control emotions and get less stressed.

3. According to the study, who should start imagining a future that turns out well?

One of the study's conclusions was that that pessimists could benefit from doing things like imagining a future where everything turns out well.

4. True or false? A 'glass half full' type of person tends to focus on celebrating the positive things in life.

True. Someone with a glass half FULL is an optimist and more likely to celebrate the positive things in life.

5. Why might jogging regularly help you maintain a positive outlook on life?

Some people say that 'a healthy body leads a healthy mind' so staying fit by jogging, for example, helps you maintain a positive mind set.

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. Learning English doesn't **come naturally** to me – that's why I've been going to evening classes to learn it for years!

2. I want a long and happy retirement so I'm giving up smoking in attempt to improve my health and **longevity**.

3. I'm feeling very **down in the dumps** after my girlfriend split up with me and I lost my job.

4. Keep things in **perspective** - you didn't get the exam grades you were expecting but you got enough to earn a place at university!

5. Mr brother has a **glass half empty** attitude – he always thinks his friends are more successful than he is!