

*Vocabulary: health 词汇: 健康*

The great outdoors: it's the place to head for when you're in need of peace and quiet, open spaces, beautiful scenery and exercise. Whether a huge mountain range or a local country park, these natural areas are a perfect **tonic** for our stressed-out lives, and their **therapeutic** effect is being used more and more to treat **mental health**.

As an example, in the foothills of the Snowdonia National Park in the UK, specialist **therapy sessions** are held to help people who suffer from **depression**, **anxiety** and **stress**. Outdoor art-related activities are held for **patients**, but the setting alone has been credited with improving the **mood** of patients. Art **psychotherapist** Pamela Stanley told the BBC that there was a "growing body of evidence" to support **eco-therapy**.

It's true that for most of us connecting with the natural world definitely **lifts our spirits**. But the mental health charity Mind says eco-therapy has been recognised as a formal type of **treatment** that can sometimes be **prescribed** to someone by a doctor. It doesn't involve taking **medication**, but instead it just develops a person's relationship with nature. This natural **remedy** can take on many forms, but can include doing yoga in a forest, gardening or even hugging a tree.

Evidence has shown there are many benefits of this 'green' therapy, including improving **social contact**, social and work skills and **coping** abilities. It's what Dr Rachel Bragg from the University of Essex calls '**psychological restoration**'. She told the BBC's All in the Mind programme that nature-based therapies should be part of a "toolkit" of care for patients.

One reason why getting back to nature is, well, **natural**, is something called **biophilia**, a sort of understanding or **empathy** with the natural world. According to environmental psychologist Birgitta Gatersleben, "the idea that nature reminds us of life, and if we (are) exposed to the natural elements, then our sort of negative feelings get almost immediately replaced with positive emotions."

Of course, eco-therapy won't **cure** everything, but it is an option for therapists to use. And as we become more aware of the causes and effects of mental health, it's good to know that help might lie outside our towns and cities, and that nature can give us a **helping hand**.

## 词汇表

<b>tonic</b>	滋补剂
<b>therapeutic</b>	有益健康的
<b>mental health</b>	心理健康
<b>therapy session</b>	心理治疗疗程
<b>depression</b>	抑郁
<b>anxiety</b>	焦虑
<b>stress</b>	压力
<b>patient</b>	病人
<b>mood</b>	心情
<b>psychotherapist</b>	心理治疗医师
<b>eco-therapy</b>	生态疗法
<b>lifts sb's spirits</b>	提高（某人）的兴致
<b>treatment</b>	治疗
<b>prescribe</b>	为……开药
<b>medication</b>	药物
<b>remedy</b>	疗法
<b>social contact</b>	社会联系，社交往来
<b>cope</b>	应对
<b>psychological restoration</b>	心理恢复
<b>natural</b>	正常的，自然的
<b>biophilia</b>	热爱生命或自然的本性
<b>empathy</b>	设身处地为他人着想
<b>cure</b>	治好
<b>a helping hand</b>	助人一臂之力

## 测验与练习

### 1. 阅读课文并回答问题。

1. What can being outside be a good treatment for?
2. What medication do you need to take for eco-therapy?
3. True or false? *Eco-therapy is something therapists have to use to help patients with mental health.*
4. How might biophilia change our negative emotions into positive ones?
5. Give an example of 'connecting with nature', mentioned in the article.

### 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. I love gardening. It puts me a good mood and is very \_\_\_\_\_.

therapeutic	therapy	therapist	therapying
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2. The best \_\_\_\_\_ for a cold is probably drinking lots of hot honey and lemon and having plenty of rest.

empathy	eco-therapy	cure	coping
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3. Because of the \_\_\_\_\_ I'm taking, I am not allowed to operate any heavy machinery.

prescribed	tonic	medication	anxiety
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4. My dad has got a bad back so I said I'd give him \_\_\_\_\_ with the shopping.

a help hand	a handing help	a helping handle	a helping hand
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5. My parents grew up in Paris, so for me it seemed the \_\_\_\_\_ place to live.

natural	prescribed	coping	stressed
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## 答案

### 1. 阅读课文并回答问题。

1. What can being outside be a good treatment for?

**The therapeutic effect of being outdoors is being used more and more to treat mental health.**

2. What medication do you need to take for eco-therapy?

**Eco-therapy doesn't involve taking medication, but instead it just develops a person's relationship with nature.**

3. True or false? *Eco-therapy is something therapists have to use to help patients with mental health.*

**False. Nature-based therapies should be part of a "toolkit" of care for patients, but won't cure everything.**

4. How might biophilia change our negative emotions into positive ones?

**Biophilia - a sort of understanding or empathy with the natural world - turns our negative emotions positive when we are exposed to the natural elements.**

5. Give an example of 'connecting with nature', mentioned in the article.

**Doing yoga in a forest, gardening or even hugging a tree, are all examples of 'connecting' with nature.**

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. I love gardening. It puts me a good mood and is very **therapeutic**.

2. The best **cure** for a cold is probably drinking lots of hot honey and lemon and having plenty of rest.

3. Because of the **medication** I'm taking, I am not allowed to operate any heavy machinery.

4. My dad has got a bad back, so I said I'd give him a **helping hand** with the shopping.

5. My parents grew up in Paris, so for me it seemed the **natural** place to live.