

词汇: *emotion* 情感

Ask most people which day of the week they **dread** the most and the answer is likely to be Monday. The first day of the week can make us **grouchy** and **depressed**, which is why the feeling is described as the **Monday blues**. But what is it exactly that makes us feel **down** and does it affect everyone?

Apparently, the most depressing day of the year is the third Monday in January, when it's cold and dark outside. This day was nicknamed '**Blue Monday**' by **psychologist** Cliff Arnall in 2004. He came up with it after a holiday company asked him for a 'scientific formula' for the January blues.

Even if there was little science behind the formula, it's probably true that the sound of our alarm clock on any Monday morning signals the dawning of a new week and possibly the end of our weekend of fun. Research shows our Monday **mood** can be based on a direct comparison to the day before. It's what psychologists call **an emotional shift**, and no other part of the week has a transition like it.

Monday means the end of weekend lie-ins – it's back to the routine and the **realisation** that there are five days ahead of the nine-to-five, and according to the BBC Bitesize website "If you can't stand your job then the Monday blues can be very real." And your **miserable** Monday is followed by **trying** Tuesday – the most popular day for sending out job applications.

But is Monday as bad as we like to think it is? Feeling a bit **low** shouldn't be confused with more serious **depression**, caused by other factors. Writing for the BBC, author and presenter Claudia Hammond, argues that this low feeling might be a myth. She says: "There is a strong cultural idea that we don't like Mondays." She mentions an Australian study in 2008 about how people **reflected** on their mood and found the day that scored the lowest was in fact Wednesdays. So, when Monday comes, maybe we should give it a second chance!

词汇表

dread	担忧, 害怕
grouchy	满腹牢骚的, 不高兴的
depressed	沮丧的
Monday blues	星期一忧郁症
down	情绪低落的, 不高兴的
Blue Monday	“蓝色星期一”, 忧愁的星期一
psychologist	心理学家
mood	心情, 情绪
an emotional shift	情绪的转变
realisation	意识到
miserable	苦不堪言的
trying	令人厌烦的
low	情绪低落的, 消沉的
depression	抑郁, 忧愁
reflect	认真思考, 反思

测验与练习

1. 阅读课文并回答问题。

1. When is, allegedly, the most depressing day of the year?
2. According to the article, what can you do at weekends that you can't do on a Monday?
3. True or false? *Monday is the most popular day for sending out job application forms.*
4. According to an Australian study, which day was considered to be the worst day of the week?
5. Between which two days is there often the biggest 'emotional shift'?

2. 选择意思恰当的单词或词组来完成下列句子。

1. If there's one thing I _____ the most, it's end of term exams!

miserable	grouchy	down	dread
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2. I had a very _____ day at work today.

realisation	trying	dawning	reflected
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3. I noticed _____ in my son, once he started going to school.

an emotion	an emotional shift	a realisation	miserable
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4. The weather has been _____. It hasn't stopped raining all week.

miserable	down	depressed	low
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5. Despite the show's terrible ratings, it deserves _____ to see it can attract a bigger audience.

trying	down	a second chance	reflect
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答案

1. 阅读课文并回答问题。

1. When is allegedly, the most depressing day of the year?

Apparently, the most depressing day of the year is the third Monday in January.

2. According to the article, what can you do at weekends that you can't do on a Monday?

Monday means the end of weekend lie-ins.

3. True or false? *Monday is the most popular day for sending out job application forms.*

False. Tuesday is the most popular day for sending out job applications.

4. According to an Australian study, which day was considered to be the worst day of the week?

An Australian study in 2008 about how people reflected on their mood found the day that scored the lowest was Wednesdays.

5. Between which two days is there often the biggest 'emotional shift'?

The biggest emotional shift is between Sunday and Monday – no other part of the week has a transition like it.

2. 选择意思恰当的单词或词组来完成下列句子。

1. If there's one thing I **dread** the most, it's end of term exams!

2. I had a very **trying** day at work today.

3. I noticed **an emotional shift** in my son, once he started going to school.

4. The weather has been **miserable**. It hasn't stopped raining all week.

5. Despite the show's terrible ratings, it deserves **a second chance** to see it can attract a bigger audience.