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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Humour and resilience

### 用幽默面对生活

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詞彙 : coping 應對

Sometimes life doesn't seem to **play fair**. It **blindsides** you at the most **inopportune** moments, and even if we can learn to **grin and bear** the **ups and downs**, they can take their toll on our **psyche**. So rather than **suffer in silence** or let these things **get you down**, maybe there is another way: what if humour can help you **get through** the dark times?

According to author and clinician Kristen Lee: "Laughter and tears are both therapeutic – we need both to process such hard times." But how can we find the **tough** things that happen funny? Our lives are really serious, often filled with **mundane** and repetitive activities, whether it's arbitrary bill paying or fighting for a seat on your commute, we need to make time for fun and play – enjoy the little things. Why not make funny noises to remind you to stop taking things seriously, or learn some silly jokes, just to tell when times get hard? They could make you or other people around you laugh!

When a **hurdle** pops up in life, it's easy to **get bogged down** – but the way we recount events can impact on our resilience. Rather than see the negatives, look for the **ironic** moments and tell people about them! Why not write **parodies** in your spare time about events that take place to help you **compartmentalise**? Script what happened as if it was happening to a character rather than yourself.

We all know that some things in life aren't fair. But take those events and **send them up** a bit in your scripts! Sometimes life needs a bit of a **roasting** to get your thoughts in order, and **embracing** your comedic side, seeing life's difficult moments as obstacles that can be **made fun of** rather than overwhelm you, may help you get through them more easily. And who knows, you may just discover a talent for writing at the end of it.

#### 詞彙表

play fair

公平待人

blindside

攻其不備

inopportune	不合時宜，不是時候
grin and bear	咬牙忍受
ups and downs	曲折，起伏
psyche	精神狀態，心靈
suffer in silence	默默忍受
get someone down	使某人沮喪
get through	渡過（難關）
tough	困難的
mundane	單調乏味的
hurdle	難題，難關
get bogged down	陷於困境的，停滯不前的
ironic	令人啼笑皆非的，有諷刺意味的
parody	戲仿作品
compartmentalise	劃分成不同部分
send something up	調侃某事
roast	吐槽，開玩笑
embrace	欣然接受
make fun of	取笑，拿…開玩笑

## 測驗與練習

### 1. 閱讀課文並回答問題。

1. According to the article, what can some events in life do to our psyche?
2. What does Kristen Lee say is needed to process difficult times?
3. What are our everyday lives normally filled with?
4. According to the article, what things can we do to enjoy life a bit more?
5. What can writing parodies of life help you to do?

### 2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I know it was sad, but don't let it get you \_\_\_\_\_.

down	in	out	on
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2. I heard that the performance was hilarious and the comedians \_\_\_\_\_ each other.

fried	baked	roasted	cooked
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3. Please don't \_\_\_\_\_ fun of me! I have feelings.

have	make	do	be
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4. We need to really \_\_\_\_\_ the changes the new boss has made.

embrace	psyche	hurdle	play fair
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5. We need to work through this and not get bogged \_\_\_\_\_ by the minor problems.

on	off	up	down
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## 答案

1. 閱讀課文並回答問題。

1. According to the article, what can some events in life do to our psyche?

**Sometimes life doesn't seem to play fair. It blindsides you at the most inopportune moments, and even if we can learn to grin and bear the ups and downs, they can take their toll on our psyche.**

2. What does Kristen Lee say is needed to process difficult times?

**According to author and clinician Kristen Lee: "Laughter and tears are both therapeutic – we need both to process such hard times."**

3. What are our everyday lives normally filled with?

**Our lives are really serious, often filled with mundane and repetitive activities, whether it's arbitrary bill paying or fighting for a seat on your commute.**

4. According to the article, what things can we do to enjoy life a bit more?

**You could make funny noises to remind you to stop taking things seriously, or learn some silly jokes, just to tell when times get hard. They could make you or other people around you laugh!**

5. What can writing parodies of life help you to do?

**Writing parodies in your spare time about events that take place could help you compartmentalise.**

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I know it was sad, but don't let it get you **down**.

2. I heard that the performance was hilarious and the comedians **roasted** each other.

3. Please don't **make** fun of me! I have feelings.

4. We need to really **embrace** the changes the new boss has made.

5. We need to work through this and not get bogged **down** by the minor problems.