

## Surviving the winter blues

### 撐過冬季帶來的憂鬱情緒

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詞彙：*mental health* 心理健康

It' s the middle of winter, and the prospect of warm sunny days is a long way off. For some of us, it' s the most **depressing** time of year, where daylight is limited and the weather is often miserable – this is when **the winter blues** set in. So what can be done to **lift our spirits**?

The shorter days and longer nights can make us feel **down**, and that can cause us to eat more and exercise less. Some fear **loneliness** and isolation during the long dark months. Those people who suffer this seasonal **mood swing** more seriously are described as having **seasonal affective disorder** – or SAD for short. It' s a type of **depression** with a seasonal pattern caused by a lack of light and is thought to affect the part of the brain that rules sleep, appetite, mood and activity levels.

Jenny Scott-Thompson is one person who was **diagnosed** with SAD. She told the BBC: "I struggled with periods of **exhaustion** and misery that seemed out of proportion to what was going on in my life." She was prescribed **light therapy**, which involved sitting in front of a light box. As well as going outside during daylight hours, this is believed to help anyone who is affected by the winter gloom.

Although having more light is an obvious cure, **antidepressants** can help those with more severe depression by artificially elevating the amount of **serotonin** in

the brain. But this isn't suitable for everyone, and many of us can try to just alter our **mindset**. Clinical psychologist Laura Keyes says, "it can be helpful to think about how to **adapt** your eating and exercise patterns to the change of season, just as this happens in nature with plants and animals adapting."

It might sound **easier said than done**, but accepting winter and thinking positively may **energise** us. Writing for The BBC Social website, Esther De La Ford asks "What if we explored what this phase of winter has to offer us, instead of **grieving** those things that it is taking away?" She suggests we use this time for rest, reflection, slowing down, stillness and renewal. Maybe this might stop us longing for summer?

### 詞彙表

<b>depressing</b>	令人消沉的，壓抑的
<b>the winter blues</b>	冬季憂鬱
<b>lift someone's spirits</b>	提高興致，振奮精神
<b>down</b>	情緒低落的
<b>loneliness</b>	孤獨
<b>mood swing</b>	情緒波動
<b>seasonal affective disorder</b>	季節性情緒失調，俗稱“冬季憂鬱症”
<b>depression</b>	抑鬱症
<b>diagnosed</b>	被診斷
<b>exhaustion</b>	筋疲力盡
<b>light therapy</b>	光照療法
<b>antidepressant</b>	抗抑鬱藥
<b>serotonin</b>	血清素

**mindset** 心態，思維模式

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**adapt** 改變以適應變化

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**easier said than done** 說時容易做時難

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**energise** 使精力充沛

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**grieve** 傷心，難過

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## 測驗與練習

### 1. 閱讀課文並回答問題。

1. What is it a lack of that affects the part of the brain that rules sleep, appetite, mood and activity levels?
2. How is it possible to get more light during winter?
3. How do antidepressants help cure depression?
4. What kind of mindset might help get us through the winter?
5. True or false? *The short winter days can cause us to eat less.*

### 2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Since my boyfriend dumped me, I' ve felt very \_\_\_\_\_.

depression	down	grieving	loneliness
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2. I' ve got to get into the \_\_\_\_\_ that I will pass my exams.

adapt	mood swing	energise	mindset
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3. Getting to the cafe after our long walk in the rain, really \_\_\_\_\_.

lifted our spirits our spirits	lifts our spirits	lifted a spirit	lifting
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4. My dad has been \_\_\_\_\_ with an ingrown toenail.

energised

diagnosed

exhausted

grieving

5. Trying to build this wardrobe is \_\_\_\_\_ – the instructions made it look easy!

said easier than done

easy said than done

easier said than done

easier said than do

答案

1. 閱讀課文並回答問題。

1. What is it a lack of that affects the part of the brain that rules sleep, appetite, mood and activity levels?

**A lack of light is thought to affect the part of the brain that rules sleep, appetite, mood and activity levels.**

2. How is it possible to get more light during winter?

**We can get more light by sitting in front of a light box or going for walks during daylight hours.**

3. How do antidepressants help cure depression?

**Antidepressants can help those with more severe depression by artificially elevating the amount of serotonin in the brain.**

4. What kind of mindset might help get us through the winter?

**A positive mindset might energise us.**

5. True or false? *The short winter days can cause us to eat less.*

**False. The shorter days and longer nights can make us feel down and that can cause us to eat more and exercise less.**

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Since my boyfriend dumped me, I' ve felt very **down**.

2. I' ve got to get into the **mindset** that I will pass my exams.

3. Getting to the cafe after our long walk in the rain, really **lifted our spirits**.

4. My dad has been **diagnosed** with an ingrown toenail.

5. Trying to build this wardrobe is **easier said than done** – the instructions made it look easy!