

Stress

精神压力

What makes you feel stressed?

什么事情让你感到有精神压力?

This is how some people in London answered the question:

Man 1: Exams!

Presenter: *And what do you do to beat the stress? 你如何应对精神压力?*

Man 1: Study as hard as I can and get it over with.

Man 2: This time of year my exams make me feel stressed.

Presenter: *And what do you do to beat the stress? 你如何应对精神压力?*

Man 2: Well, a day like today, it's a nice day; I just walk round the city and get away from it all for a bit.

Man 3: Pressure from exams, pressure from friends, pressure from girl friends, pressure to do well in exams...

Presenter: *And what do you do to beat the stress? 你如何应对精神压力?*

Man 3: Just sort of, set your own goals and achieve your own targets you can achieve.

Woman: Well actually, a lot of stuff. Work is very stressful these days. Dealing with customers is a very hard thing and also the traffic jams, the weather is very hard.

Did you know...? 你知道吗...?

Fact

Although stress is seen as a negative thing, it can help us perform better and even motivate us.

Language tip

Stress can mean mental pressure or to emphasise the pronunciation of a word or syllable.

Cultural tip

Radio producers often get stressed trying to find something to write here.

Here is the webpage for this programme:

www.bbc.co.uk/ukchina/simp/elt/ask_about_britain/110830_ee_32_stress_story.shtml