

THE ISSENION

2019-2020学年度第28期总第709期

Take care of your mental health

Spencer Liu

Lead-in



lockdown 活动(或行动)限制 quarantine (为防传染的)隔离期 transportation bans 交通管制

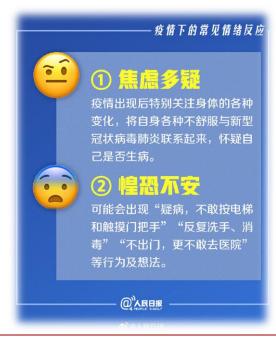
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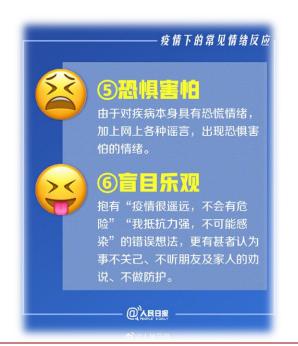
二十一世纪学生英文报·高三

2020年3月2日 星期一 teens.i21st.cn 2019-20学年第28期

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Lead-in

hashtag 话题



#宅在家里很焦虑怎么办#



"How to deal with feeling very anxious at home?"



Take care of your mental health

疫情之下,我们该如何做好心理防护? ②②② 词数 387 建议阅读时间 5分钟 测试见IV版 🔘







You may be able to care for your physical health by wearing a mask, washing your hands, and doing regular exercise during the coronavirus epidemic (疫情), but how do you treat your mental health? Millions of people are facing fear, anxiety and depression as lockdowns, transportation bans and quarantines (隔离期) continue.

As part of the government's "first level response", the National Health Commission said more than 300 hotlines are now available throughout China. Callers can talk with counseling (咨询) services and people from university psychology departments, Reuters reported. Depending on your location, you can call one of these 24-hour hotlines for psychological support and general advice if you're experiencing anxiety, depression or panic attacks - no matter whether you're a patient, medical worker or just someone stuck at home. 9

A survey conducted by the Chinese Psychology Society found that of the 18,000 people tested for coronavirus-related anxiety, 42.6 percent were anxious, according to NBC News.



Vocabulary

- coronavirus epidemic 新冠肺炎疫情
- quarantine (为防传染的)隔离期
- counseling 咨询
- irritability 易怒
- agitation 焦虑不安
- · psychiatry 心理治疗
- strain 压力
- reassure 使安心
- in perspective 客观看待

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A healthy mind supports a healthy body. Stress weakens the immune system, according to the American Psychological Association. Managing stress may help people fight off a virus.

Paragraph 6-7

In addition to hotlines, online platforms and social media have also offered support to those dealing with the mental *strain* (压力) of worrying about the virus. One virus-related *hashtag* (话题), which translates as "how to deal with feeling very anxious at home," has been viewed by hundreds of millions of Sina Weibo users.

Universities have set up support groups on QQ, while thousands of doctors provide counseling for users on JD.com. KnowYourself, a public WeChat account, hopes to reduce panic attacks to frontline medical workers, patients and their families.

Paragraph 8-9

"People are scared, their lives are being interrupted, so to have a voice that helps to *reassure* (使 安心) them and calm them and kind of guide them through this process can be very helpful," Paul Yin, a psychologist in Beijing, said. **6**

Keeping a positive mindset is key during this difficult time. Remember to *keep* things *in perspective* (客观看待) and maintain social networks with your family and friends. Treat your mind well, and your body will follow.

BY MATT SADOWSKI, 21ST CENTURY TEENS STAFF • Para

• Para



Paragraph 2&6-7

• Para 2

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Conclusion



Language

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如果你正在经历焦虑、抑郁或惊恐发作,无论您是病人、医务工作者,还是只是困在家里的人,都可以根据你的位置拨打这些24小时热线电话寻求心理支持和一般建议。

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- No matter who you are and where you are, you can call the 24hour hotlines to talk with counseling services and people from psychology departments for support and advice.
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Writing Task

- 假定你是李华,你的外教老师Jack因为新冠肺炎疫情已经一个人在家宅了半个多月,他感到不安且有些焦虑。请你给他发一封邮件,告知他可以寻求心理援助,内容包括:
- 1. 表示关心
- 2. 心理援助的意义
- 3. 如何寻求心理援助
- 注意:
- 1. 词数: 80词左右;
- 2. 可适当增加细节,以使行文连贯。



Writing Task

Dear Jack,

Sorry to hear that you are troubled by the coronavirus epidemic, I am writing to convey my sincere concern and provide some assistance.

As we know, mental health is of significance in our daily life, while overstrain would weaken our immune system which helps us fight off the virus. Therefore, apart from keeping a positive mindset, seeking for psychiatry when you need during the epidemic period does count, which will possibly reassure yourself and guide you through the process. More than 300 hotlines are now available and psychologists are providing supports on social media as well.

I believe that our efforts will finally be paid off. Wish you a full and speedy recovery!

Yours faithfully, Li Hua

Writing Task

Dear Jack,

Learning that you are troubled by the coronavirus-related agitation due to the long-last quarantine, I'm concerned indeed, thus writing to provide you with some suggestions.

As crucial as the physical health, keeping a positive mindset, which helps strengthen your immune system, should be highlighted in the battle against the epidemic. To cope with the mental strain, it is highly advisable to talk with counseling services offered by local authorities, where psychological support and general guidance are available.

Should you have further questions, feel free to contact me. I do hope you could get through it and regain vitality.

Yours sincerely, Li Hua

THANK YOU~~~





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