



21st Century
TEENS *Senior*[®]

2019-2020学年度第28期总第709期

Take care of your mental health

Spencer Liu

21st Century **TEENS** *Senior*³

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

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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疫情下的常见情绪反应



① 焦虑多疑

疫情出现后特别关注身体的各种变化，将自身各种不舒服与新型冠状病毒肺炎联系起来，怀疑自己是否生病。



② 惶恐不安

可能会出现“疑病，不敢按电梯和触摸门把手”“反复洗手、消毒”“不出门，更不敢去医院”等行为及想法。

@人民日报

疫情下的常见情绪反应



③ 愤怒暴躁

在压力下变得极度敏感，因一点小事就急躁、发脾气，甚至出现冲动行为等。



④ 抑郁悲伤

每天都十分疲劳、精神不振，也很难集中注意力去思考，还可能出现睡眠问题。

@人民日报

疫情下的常见情绪反应



⑤ 恐惧害怕

由于对疾病本身具有恐慌情绪，加上网上各种谣言，出现恐惧害怕的情绪。



⑥ 盲目乐观

抱有“疫情很遥远，不会有危险”“我抵抗力强，不可能感染”的错误想法，更有甚者认为事不关己、不听朋友及家人的劝说、不做防护。

@人民日报

疫情下的常见情绪反应



⑦ 孤独寂寞

部分特殊人群，由于疫情可能导致自己孤身一人在异乡隔离，感到孤独寂寞。



⑧ 冲动激惹

许多人压抑的情绪不能释放，可能导致一些冲动的、不理智的情绪及行为。

@人民日报

hashtag 话题



#宅在家里很焦虑怎么办#

阅读2.9亿 讨论3.8万

“How to deal with feeling very anxious at home?”

@人民日报
PEOPLE'S DAILY

权威**心理指导**来了！
新冠肺炎全民心理健康
实用手册

An icon showing a hand holding a red heart above an open book, symbolizing care and guidance.

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TEENS • SENIOR 3 • MARCH 2, 2020

FIGHTING THE VIRUS | 共同战“疫”

Take care of your mental health

疫情之下，我们该如何做好心理防护？



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. 🗣️

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.



加微信，听报纸
关注我们，点击
“听力音频”，找
到相应文章收听。

- **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

Paragraph 1

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.

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Introduction

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Millions of people are facing fear, anxiety and depression as lockdowns, transportation bans and *quarantines* (隔离期) continue.

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The author describes the **current situation** and raises a **question: How do you treat your mental health?**

Paragraph 2

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. ②

Paragraph 3-5

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“A stable state of mind can help reduce *irritability* (易怒) and *agitation* (焦虑不安), which is helpful for treatment. Providing psychological counseling and appropriate medicine, *psychiatry* (心理治疗) can play an important role in the battle against the epidemic,” said Chen Jun, an expert from the Shanghai Mental Health Center, on CCTV.

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.

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.

“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. ③

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



Methods

Paragraph 2&6-7

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Methods

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Methods

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Conclusion



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. ❷

“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. ❸

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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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北京的心理学家保罗·尹说：“人们很害怕，他们的生活（节奏）被打断，因此，有一个声音来安慰他们，使他们平静下来，并引导他们度过这一过程，会大有裨益。”

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- **Methods**
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 - You can get support from **online platforms** and **social media**, like **QQ, JD.com** and **KnowYourself**.
- **The significance of providing psychological support**
- **Conclusion**

- 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。



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

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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