



BBC WORLD SERVICE LEARNING ENGLISH

Blue Monday 压抑的星期一



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Blue Monday 压抑的星期一

The most depressing time of the year? 一年中最令人压抑的时间

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

Psychologists in Britain have said that the last full week of January is the most **depressing** time of year, and labelled next Monday 'Blue Monday'. Blue is a slang way of saying unhappy. Mondays are generally seen as the worst day of the week because people feel grumpy and tired at having to go back to work after a weekend with a different sleep pattern.

There are various reasons why more people feel depressed at this time of year. Many people have unpaid credit card bills for the Christmas presents they bought, and pay day is often not until the end of the month.

As the party season is over, people feel stressed because they have to go back to real life – work and commuting; and they may be unhappy with their body image after **bingeing** on booze, chocolates, and other food at Christmas-time.

People may have already failed in their New Year's **resolutions**, such as **giving up** smoking. The bad weather in January can also contribute to people feeling fed up.

Some companies are taking this quite seriously and offering **counselling** for any staff who are feeling depressed. They hope that helping people as soon as there are signs of depression will avoid **absenteeism**. Evidence shows that unreasonable managers who contribute to their staff feeling fed up at this time can expect an **uncooperative** workforce.

However, it's not all bad! Many people feel **optimistic** at this time, that things can only get better. Psychologists offer suggestions of how to **combat** feeling blue. These include spending 15 minutes doing 'gratitude exercises' thinking about and writing down what you are grateful for, such as health, family, friends and so on.

Taking up a new hobby, doing some exercise, going to bed earlier, eating a healthy breakfast, and listening to some **uplifting** music, are all recommended as ways to feel more cheerful.

To avoid feeling blue next January, experts say that the best thing to do is to plan better next December. Spend less on presents, eat and drink less over the festive period, and make more realistic New Year's resolutions.

Glossary 词汇表

depressing 令人压抑的	labelled 标为
sleep pattern 睡眠习惯	pay day 发薪日
stressed 有压力的	commuting (乘公共交通) 上下班
body image 体形	bingeing 大吃大喝
resolutions 决心	giving up 放弃
fed up 厌倦	counselling 咨询
absenteeism 缺勤/矿工	uncooperative 不合作的
optimistic 乐观的	to combat 对付/应对
gratitude 感激	uplifting (令人) 振奋的
the festive period 节庆季节	realistic 现实的

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. The end of February is the most depressing time of year. True / False
2. People are more likely to be grumpy on a Monday than on other days of the week. True / False
3. Bingeing at Christmas means spending a lot of money. True / False
4. Doing a gratitude exercise means saying thank you to people who gave you presents. True / False
5. Eating healthy food can help you feel more cheerful. True / False

2. Adjectives 形容词

Do you know how to make an adjective from these nouns?

你知道如何把名词转变为形容词吗？

1. gratitude

- a) gratific b) grateful c) gratitied

2. stress

- a) stressed b) stressific c) stressed

3. reality

- a) realed b) realful c) realistic

4. festivity

- a) festific b) festiful c) festive

5. optimism

- a) optimistful b) optimistic c) optimised

3. Job titles 职业称呼

Which of these job titles matches each job description?

请把下列表示职业名称的单词填写到描述句中。

psychologist

author

counsellor

manager

meteorologist

chef

estate agent

1. A person who sells houses. _____
2. A person who studies how people think and feel. _____
3. A person who supervises members of staff. _____
4. A person who predicts what the weather will be like. _____
5. A person who cooks food in a restaurant. _____
6. A person who writes books. _____
7. A person who offers advice to people with problems. _____

4. Wordsearch 单词搜索

Try to find the words associated with Blue Monday in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出与压抑的星期一有关的英语单词来。

共有10个单词，其组成方式可能以水平的 (g) 垂直的 (i) 或对角的 (m) 形式出现。

p	b	q	r	e	a	l	i	s	t	i	c
w	s	l	e	r	g	e	t	y	u	o	g
d	m	y	s	g	r	u	m	p	y	i	r
e	o	a	c	r	e	a	l	i	s	p	a
p	n	e	s	h	s	t	r	e	s	s	t
r	a	x	d	f	o	g	h	j	k	l	i
e	x	e	r	z	l	l	m	x	c	v	t
s	s	r	b	l	u	e	o	m	n	b	u
s	i	c	j	k	t	o	n	g	m	z	d
i	e	i	r	h	i	w	d	b	i	v	e
o	t	s	t	r	o	s	a	l	d	s	f
n	y	e	s	g	n	k	y	n	x	a	t

resolution	psychologist	blue	depression	grumpy
exercise	stress	gratitude	Monday	realistic

Answers 答案

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer. 以下句子哪句是真?哪句是假? 请圈出正确答案。

1. The end of February is the most depressing time of year. **False**
2. People are more likely to be grumpy on a Monday than on other days of the week. **True**
3. Bingeing at Christmas means spending a lot of money. **False**
4. Doing a gratitude exercise means saying thank you to people who gave you presents. **False**
5. Eating healthy food can help you feel more cheerful. **True**

3. Job titles 职业称呼

Which of these job titles matches each job description? 请把下列表示职业名称的单词填写到描述句中。

1. A person who sells houses. **estate agent**
2. A person who studies how people think and feel. **psychologist**
3. A person who supervises members of staff. **manager**
4. A person who predicts what the weather will be like. **meteorologist**
5. A person who cooks food in a restaurant. **chef**
6. A person who writes books. **author**
7. A person who offers advice to people with problems. **counsellor**

2. Adjectives 形容词

Do you know how to make an adjective from these nouns? 你知道如何把名词转变为形容词吗?

1. gratitude **b) grateful**
2. stress **a) stressed**
3. reality **c) realistic**
4. festivity **c) festive**
5. optimism **b) optimistic**

4. Wordsearch 单词搜索

p			r	e	a	l	i	s	t	i	c
	s										g
d		y		g	r	u	m	p	y		r
e			c		e						a
p		e		h	s	t	r	e	s	s	t
r		x			o						i
e		e			l	l	m				t
s		r	b	l	u	e	o				u
s		c			t		n	g			d
i		i			i		d		i		e
o		s			o		a			s	
n		e			n		y				t

