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用英文自我介紹 成為世界人才 第一步!

升學口試 求職面談商務會面 國際競賽

Impress them! 立即勝出!!

附侃侃而談 MP3





What do you do to relieve stress?

你都做些什麼來紓解壓力?

Dialogue 實戰會話



Track 82

A: What do you do to relieve stress?

(你都做什麽來紓解壓力?)

B1: I've found that lists are helpful.

(我發現列清單很有用。)

A: Hmmm, maybe I should try that. What exactly do you do? (嗯,也許我也該試試。那你到底做些什麽?)

B2: For example, if I'm stressed about a project, I write down the specific things I need to do.

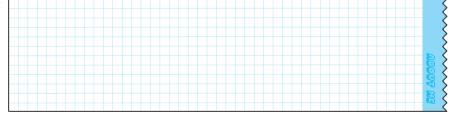
(舉例來說,當我因為某個案子覺得壓力大的時候,我就把必須做的具體事項寫下

* specific「特定的;明確的;具體的」

♠ Exercise 請寫下自己的答案並試著說出來!

A: What do you do to relieve stress?

B1:



A: Hmmm, maybe I should try that. What exactly do you do?

B2:



B1

Massage works really well for me.

(對我來說按摩真的很有效。)

- * work「有效」
- When I get stressed out, I go for a drive.

(當我覺得壓力太大的時候,就去開車兜風。)

- * get stressed out「壓力過大」
- I set aside a few minutes every evening for meditation.

(我每天傍晚會撥出幾分鐘進行冥想。)

* set aside「撥出時間」;meditation「冥想」

B2

 I go to a professional reflexologist. I can give you her number, if you like.

(我都去找一個專業的腳底按摩師。如果你也想試試,我可以把她的電話號碼給你。)

- * reflexologist「腳底按摩師」
- Well, I turn the music up loud and sing along while I'm driving on the highway.

(嗯,我會在開車奔馳於高速公路上的時候,把音樂聲轉大並跟著唱。)

- * sing along「跟著唱」
- Actually, I have a CD. I just do what the teacher says.

(事實上我有一張 CD。我只是跟著老師說的做而已。)

♥OGABULARY 具體描述自己的好用字!

manage one's time 管理個人的時間 / clean one's room 打掃個人的房間 / look at one's aquarium fish 看著水族箱裡的魚 / take a bath 泡個澡 / go to karaoke 去唱卡拉 OK / do some exercise 做些運動 / get out of the house 出門去 / go for a walk 去散步 / take deep breaths 深呼吸 / smoke (cigarettes) 抽菸 / drink hot coffee 喝熱咖啡 / have a silly talk with a friend 和朋友聊些五四三 / go drinking with a coworker 和同事去喝一杯 / stuff oneself (to ease stress) 大吃一頓 (來紓壓) / waste money 亂花錢 / go to a place with lots of greenery 去充滿綠意的地方 / take it easy at the park 在公園放鬆一下 / go traveling 去旅行 / do boxercise 做健身拳擊 / talk to a friend 與朋友聊聊 / read self-help books 閱讀自我啓發書籍 / play the piano 彈鋼琴 / go on a shopping binge 瘋狂購物 / take it out on other people 拿別人出氣